# MODERN COOK BOOK

CHARLOTTESVILLE HARDWARE CO.
CHARLOTTESVILLE, VA.
HARDWARE, PAINTS AND OILS,
CHINA AND GLASSWARE,
HOUSE FURNISHINGS.

# The Modern Cook Book

By

## K. CAMILLE DEN DOOVEN

**Author of "The Master Baker and His Work," "The Hotel and Restaurant Dessert Book," etc.**

The author has had twenty-six years' experience as a culinary expert in various fields of endeavor. He was formerly chef to the Belgian Royal Family and since then head chef in leading hotels in Paris, New York and Florida. He has also carried on extensive research work for large manufacturers of food products, and is well-known as a successful teacher and lecturer. Mr. Den Dooven is thus well equipped to present in THE MODERN COOK BOOK some new and worthwhile features, valuable alike to both novice and expert.

The book contains over 600 recipes, all of which make quantities sufficient for four persons, thus enabling the cook to figure easily the necessary amount for any number. The amounts of the ingredients are given both by quantity and by weight, a feature of unusual value, as preparing food by weight is the latest and most efficient way of cooking, since guesswork is eliminated and uniform results are assured. The recipes cover the whole range of home cooking and there are articles on "Setting the Table" and "Hints for Housekeepers."

This is a book which should be in every kitchen library and which should prove a great help to all housewives whether of much or little experience.

# The MODERN COOK BOOK

K. CAMILLE DEN DOOVEN

Author of
"From the Tropics to Your Table"
"The Hotel and Restaurant Dessert Book"
"The Master Baker and His Work"

*PUBLISHERS*
BOOKS, INC.
NEW YORK

COPYRIGHT — 1928, BY
THE COLONIAL PRESS

ALL RIGHTS RESERVED

PUBLISHED 1945
BY BOOKS, INC.

PRINTED IN THE UNITED STATES OF AMERICA

# FOREWORD

THE backbone of a nation is the good housekeeper, and the home makers' greatest asset is the ability to prepare good food. The future happiness of children depends on their health, and health is obtained only through well prepared foods, fresh air, and exercise. The future of your husband and his ability to provide for the home that which is necessary in life, depend on good health and energy, and in order to have a reserve amount of energy and health one must be properly fed. Good meals will make one happy, pleasant, and contented. It is true that the most important part of our whole system is the stomach; it is from there that all our energy and health are built, and yet it is the one part of the human body most neglected. By spending a little more time in preparing good food and taking a little extra time in eating it, there would be less money spent for drugs and doctors.

Most of the kitchens to-day are claimed to be modern and up-to-date, and yet in 95 per cent of them, the three most important utensils are missing. First, a French whip to stir sauces and creams. A French whip is very important to obtain a smooth sauce or cream. Second, a quart measure; and third, and the most important of all, is a scale. Without a scale the proportions are unknown and the results are not sure. Cakes, pies, muffins, etc., will vary each time they are cooked. When a scale is in the kitchen, the housekeeper is able to check up on

all market articles bought by the pound. Baked goods may be made uniform, and there will be less of the old saying, "I had bad luck with my cake this time."

These three mentioned articles in the kitchen are the most important steps to successful baking and cooking, and they cost less than the price of the ingredients spoiled in a single cake.

# INTRODUCTION

It is now twenty-six years since I started to learn the art of cooking and baking, and during these years I have been very fortunate to have studied under the best masters in this art. Two of my former instructors are authors of the most important professional books on these subjects, and my only desire is to follow the instructions of these men and to progress with the times, and be able to impart to others the knowledge gained through all these years of hard study and work.

In preparing this book, it is not my aim to present the art of cooking from a professional standpoint but to give, in a very simple and clear manner, the art of cooking and baking to the everyday housekeeper. To meet the needs of present day progress, a recipe book must be practical, and to be practical, a book must be written by a practical student of the subject.

This book has been prepared primarily for the housekeeper who wishes to prepare something new and different for the home table. Then again, for the ones who like to know more about cooking and baking and of the foods they are using daily. We all realize that when a good breakfast is served, the day is started right, and after a good dinner in the evening, the day has been made perfect. Therefore, in preparing this work, it has been my earnest desire and hope that it will prove to be of value and service to the everyday housekeeper as well as to the young bride. If the knowledge and information which I have gained in my many years of experience serve

to aid in preparing better foods in the home, and if they prove of service in the establishment of a general and more thorough knowledge of l'Art Culinaire in all its branches, and consequently a higher standard of cooking and baking is obtained, and if this book is looked upon in the home as a real friend, then I shall feel that my hopes and desires in preparing this work have been thoroughly justified and fulfilled.

Yours very truly,

K. Camille Den Dooven.

# CONTENTS


## PART I

### BREAKFAST DISHES

PAGE

COFFEE, CHOCOLATE, COCOA, TEA, CEREALS, TOASTS, BISCUITS, GRIDDLE CAKES, WAFFLES, MUFFINS, SCOTCH SCONES, POP-OVERS, DOUGHNUTS, CRULLERS, EGGS, STEWED FRUITS, AND BAKED APPLES . . . . . 1

## PART II

### DESSERTS

BAKED PUDDINGS, CHILLED PUDDINGS, SOUFFLÉ PUDDINGS, STEAMED AND BOILED PUDDINGS, HOT SWEETS, FRENCH PAN CAKES, COLD SWEETS, CHARLOTTES, BLANC-MANGE, SWEET SAUCES . . . . . 29

## PART III

### PASTRY

PUFF PASTE, PATTY SHELLS, VOL-AU-VENT, CREAM PUFFS AND ECLAIRS, FRENCH FRUIT TARTS, BOILED CUSTARD CREAM, PIES AND COOKIES . . . . . 57

## PART IV

### CAKES

POUND CAKE, RAISIN CAKE, WALNUT CAKE, OXFORD CAKE, RICHE CAKE, FRUIT CAKE, WEDDING CAKE, LAYER CAKE, CUP CAKE, ETC. SHORT CAKE, SPONGE CAKE, ANGEL CAKE, BUTTER CREAMS, ICINGS AND FONDANTS . . . . . 77

## PART V

### BREAD AND BREAD MAKING

BREAD LOAVES, ROLLS, TEA ROLLS, SWEET DOUGHS, BUNS, COFFEE RINGS, APPLE CAKES, SAXON CAKES, GUGELHUPF, ETC. QUICKLY MADE BUNS, AND YEAST FRUIT CAKE . 97

PART VI

SOUPS AND MEATS

PAGE

SOUPS, BOUILLON, CONSOMMÉ, MEATS, BEEF, VEAL, LAMB, MUTTON, PORK, ETC. . . . . 113

PART VII

POULTRY, FISH, AND SAUCES

POULTRY—ROASTED, FRIED, BROILED, BOILED, BAKED, DRESSING, STUFFING. FISH—BROILED, BOILED, BAKED, FRIED, CREAMED. SAUCES—WHITE, VELOUTÉ, ESPAGNOLE, HOLLANDAISE, TARTAR, ETC. . . . . 129

PART VIII

VEGETABLES AND SALADS

VEGETABLES—BOILED, CREAMED, STUFFED, ETC., BOSTON BAKED BEANS, MACARONI, SPAGHETTI, POTATOES, SALADS, SALAD DRESSINGS . . . . . 147

PART IX

ICE CREAMS AND FROZEN DESSERTS

ICE CREAMS, FRENCH ICE CREAMS, AMERICAN ICE CREAMS, WATER ICES, SHERBETS, FROZEN DESSERTS, COUPES, MOUSSES, PARFAITS, FRUITS SERVED WITH ICE CREAMS . 171

PART X

SANDWICHES, FRUIT PUNCHES, AND JAMS

SANDWICHES, COCKTAILS, FRUIT COUPES, FRUIT PUNCHES, CONFECTIONERY, FUDGE, CARAMELS, ETC., PURE FRUIT JAMS, JELLIES, AND MARMALADES . . . . . 189

PART XI

SETTING THE TABLE, HINTS FOR HOUSEKEEPERS AND MEASUREMENTS . . . . . 209

PART XII

SUGGESTED MENUS . . . . . 217

INDEX . . . . . 229

# PART I

## BREAKFAST DISHES

COFFEE, CHOCOLATE, COCOA, TEA, CEREALS, TOASTS, BISCUITS, GRIDDLE CAKES, WAFFLES, MUFFINS, SCOTCH SCONES, POP-OVERS, DOUGHNUTS, CRULLERS, EGGS, STEWED FRUITS, AND BAKED APPLES.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# BEVERAGES

## COFFEE

Coffee cannot be considered a food, because only a comparatively small amount of the nutrients are available and it is therefore a mildly stimulating beverage.

There are three kinds of coffee in general use: Java, Mocha, and the Rio or Brazil. Of the three, the Mocha is the best and usually commands the highest price in commerce. This bean is very small. The Java is next in quality and is a medium size bean. The Brazil is a large bean and is not considered to be of the same quality as the two others mentioned. Coffee should be bought freshly roasted, and ground in small quantities only, and should always be kept in an air-tight container, as coffee deteriorates very quickly.

Coffee is ground fine for filtered coffee, and coarse or medium for boiled coffee.

### Filtered Coffee

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup coffee finely ground | = 2 Ounces |
| 3 Cups boiling water | = 1½ Pints |

Place coffee in strainer, and the strainer in the coffee-pot; then place the pot on the stove. Gradually add boiling water and allow it to filter. When stronger coffee is desired, filter the coffee a second time. When ready, serve at once with cream and sugar. For a good cup of coffee,

sugar and cream should always be in the cup before adding the coffee.

NOTE: Use the same proportions when a percolator is used in making coffee at the table.

### Boiled Coffee

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¾ Cup coffee | = 3 Ounces |
| 4 Cups water | = 1 Quart |

Boil the water, and while it is boiling add the coffee and bring it to a boil again. When it comes to a boil, place on the side of the stove or on a small flame and let it simmer for one minute.

### Café-au-Lait

Café-au-lait is a beverage made of half milk and half coffee.

### Vienna Coffee

Vienna coffee is coffee served with whipped cream, and is sometimes referred to as café Reusse.

## CHOCOLATE

Plain chocolate is prepared from cocoa nibs without the removal of cocoa fat or other constituents. It differs in chemical composition from cocoa inasmuch as it contains more fat and more sweetening from the additional sugar added during the manufacturing.

To make a good cup of chocolate, rich in flavor, no water should be used in preparing the drink. A good grade of milk will give the best drinking qualities.

### How to make a good drinking Chocolate

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Squares sweet chocolate | = 2 Ounces |
| 2 Cups milk | = 1 Pint |

Bring the milk to a boil, add the chocolate broken in pieces, and stir until it is melted. Use a small French egg whip, as this will dissolve the solution quicker. When the chocolate is well dissolved let it boil. As soon as it rises remove from the fire. Let boil a second time. Serve plain for breakfast, and with whipped cream for reception.

## COCOA

Cocoa as well as chocolate is manufactured from the cocoa bean. Cocoas vary in composition according to the amount of fat removed during the process of manufacture, and also to the amount of other ingredients that are added. An average cocoa contains about 20 per cent proteins, and 30 per cent fat. It contains also sugar, gums, fiber, ash, starch, and theobromine. For drinking cocoa, a great per cent of the fat is removed during the manufacturing of the cocoa powder.

### How to make Breakfast Cocoa

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Tablespoons cocoa | = 2½ Ounces |
| ¼ Cup sugar | = 2 Ounces |
| 2 Cups milk | = 1 Pint |
| 2 Cups hot water | = 1 Pint |

Bring the milk to a boil, mix the cocoa and sugar together, add a part of the water gradually, stirring it all the time to make a paste; then add the rest of the water and the milk. Bring to a boil, and when it rises, remove from the fire. Let boil a second time, when boiling, remove and serve.

NOTE: For chocolate and cocoa always use a French egg whip to stir, this will save time. When using a whip, boil the milk, and water together; while boiling, add sugar and cocoa, and stir well with the whip. Let boil twice. In this manner it is not necessary to dissolve the cocoa or chocolate to a paste.

### Reception Cocoa

Reception cocoa is made the same as the breakfast cocoa, using all milk. Serve with a little whipped cream separate.

## TEA

Tea is the prepared leaf of an evergreen shrub, or small tree, cultivated chiefly in China, Japan, India, and Ceylon.

The quality or grade of the tea depends upon the leaves used and the methods of curing. Black and green teas are produced from the same species of plant, but owe their difference in color as well as in flavor and odor to different methods of preparation. To produce black tea, the leaves are bruised to liberate the juices, allowed to ferment a short time, which develops the color, and then they are dried. For green tea, the fresh leaves are steamed, then rolled and dried as quickly as possible to prevent fermentation. The smaller leaves and the first picking produce the finest quality of tea.

Tea infusion does not contain sufficient nutriment to be classed as a food. It is for some persons a stimulant. Large doses produce intense physical restlessness, mental anxiety, and obstinate sleeplessness. The quantity of theine consumed in a cup of tea is about four-fifths of a grain, or one-quarter of a medicinal dose.

Never use tea leaves the second time, for in making tea from leaves already used, the amount of tannin

extracted from the second usage is very great, and various illnesses are apt to follow.

### How to make Tea

1 Tablespoon tea 2 Cups boiling water

Put in a teapot the boiling water, add the tea, and let stand from 1 to 2 minutes, but no longer. Strain, and serve then, with sugar and milk, according to taste.

## CEREALS

Cereals are an excellent breakfast food, though sometimes exaggerated claims are made as to their food value. Cereals are excellent when served with fruits.

The grains used in preparation of cereal foods are corn, barley, rye, rice, oats, and wheat. For some of these foods, the entire cleaned grain is ground or pulverized, while for others, the bran and germ are first removed in order to improve the keeping quality, and often they are sterilized before being put up in sealed packages. Some cereals are specially treated, by steaming or malting, to impart palatability, and to lessen the time required for cooking. The cereal foods are clean, nutritious, and free from adulteration.

Some of the ready-to-eat brands are cooked, dried, and crushed, then sugar, corn syrup, salt, malt, and other materials are added to improve their flavor. Others are subjected to a malting or germinating process, in order to develop the soluble carbohydrates.

### CEREALS À LA REINE

Cereals à la reine include oatmeal, cream of wheat, pettijohn, etc. They are prepared by cooking according to

directions given on the package by the manufacturers, though I have found in many cases, that the time given for cooking such foods is not sufficient. Therefore, allow all cereals to be cooked two minutes longer than directed, and add more liquid than directions given. For instance, if directions given call for 1 cup of water, or milk, as the case may be, use 1¼ cups instead, etc.

### DATES À LA REINE

For every cup of cooked cereal mix in 6 dates, cut in quarters. Mix well and serve with whipped cream.

NOTE: This dish may also be served with plain cream or milk. Figs or prunes may be used instead of dates.

### BRAN FLAKES À LA REINE

Place some bran in a dish, then on top of this slice very thinly a nice ripe banana. Sprinkle two teaspoons of powdered sugar on top, and add some milk or cream.

NOTE: When the bananas are nice and fully ripened, it will be found that for the average taste, the banana supplies the necessary sugar element in a natural form, and no sugar need be used with this prepared dish. Other cereals, such as corn-flakes, grape-nuts, post-toasties, etc., may be served in the same way. Fresh fruits should be served with these cereals during the fruit season. Peaches and strawberries are the choicest of the fruits.

## TOASTS

### BUTTERED TOAST

Cut from a loaf of sandwich bread slices one-quarter of an inch thick, remove the crust, and toast to a nice

golden brown on each side. Butter at the table, or before serving.

### CINNAMON TOAST

Cut some bread same as for buttered toast, and cut crosswise. Toast, and spread over with butter, then arrange on a platter, and sprinkle with a cinnamon sugar made by mixing three parts sugar with one part cinnamon. Place the platter in the oven until the sugar has melted, and serve while warm.

### MILK TOAST

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 2 Tablespoons butter | = 1 Ounce |
| 2 Tablespoons bread flour | = ½ Ounce |
| ½ Teaspoon salt | = ½ Teaspoon |
| 1 Tablespoon sugar | = ½ Ounce |
| 6 Slices of toast | |

Add enough milk to the flour to make a thin smooth running paste. Bring the rest of the milk and sugar to a boil; when boiling, add the flour, stirring constantly. Cook until thickened, then add the salt and butter and cook for about two minutes.

Dip slices of toast in sauce, and when soft, remove to a serving dish. Serve with the remainder of the sauce poured all over.

### FRENCH MILK TOAST

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Eggs | = 3 Eggs |
| 2 Tablespoons sugar | = 1 Ounce |
| ¼ Teaspoon salt | = ¼ Teaspoon |
| 1 Cup milk | = ½ Pint |

Beat the eggs with a whip, add salt, sugar, and milk;

then strain in a flat dish. Cut six slices of stale sandwich bread, soak the bread in the mixture until soft, and bake on a well greased hot griddle, or in a frying pan, until nice and brown, then turn the bread on the other side and brown again, and serve.

This may be served with a sauce for a dessert course.

### BROWN BREAD MILK TOAST

Brown bread milk toast is made the same as milk toast, using toast made from brown bread, or whole wheat bread may be used.

### CREAM TOAST

Cream toast is made the same as milk toast, using half milk and half cream.

### MELBA TOAST

Cut stale sandwich bread in very thin slices, remove the crust, and cut crosswise from corner to corner. Arrange on a baking pan and toast in the oven until a nice golden brown.

## BISCUITS

When making biscuits, use only the best of ingredients, that is, a good grade of flour and butter. Handle the dough as lightly and as little as possible. Bake in a hot oven, 400° to 425° F., which is the best temperature. Always keep an even temperature during the baking.

Tea biscuits may be made in the evening. Roll, cut, and place in baking pans. Put them in the ice-box over night and the next morning bake them. This makes it easier, and they are just as nice as when freshly mixed. Always wash the biscuits with a little milk just before baking.

This makes better looking biscuits and they are softer when baked.

NOTE: Crisco, lard, or oil may be used instead of butter.

## BAKING POWDER TEA BISCUITS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2½ Cups flour | = 10 Ounces |
| 2 Tablespoons butter | = 1 Ounce |
| 1 Cup milk (cold) | = ½ Pint |
| ½ Teaspoon salt | = ½ Teaspoon |
| 6 Teaspoons baking powder | = ¾ Ounce |

Sift together flour, salt, and baking powder; rub in the butter until thoroughly blended, then mix in the milk. Turn this on to a flour-dusted towel or board, knead just enough to make a smooth surface, then roll out about three-quarters of an inch thick. Cut with a biscuit cutter, and place the biscuits close together on a pan but not touching each other. Wash with milk, or bake plain in an oven heated to a temperature of 425° F.

## CREAM OF TARTAR TEA BISCUITS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1¾ Tablespoons powdered sugar | = ¾ Ounce |
| 1½ Tablespoons butter | = ¾ Ounce |
| 1 Teaspoon salt | = 1 Teaspoon |
| 1 Teaspoon baking soda | = 1 Teaspoon |
| 1 Cup milk | = ½ Pint |
| 3 Cups cake flour | = 12 Ounces |
| 2 Teaspoons cream of tartar | = 2 Teaspoons |

Sift together flour, salt and cream of tartar, rub in the butter until thoroughly blended, then mix in the soda dis-

solved in the milk, and treat same as baking powder biscuits.

### RYE BISCUITS

Use the same recipe as for whole wheat biscuits, using half rye and half whole wheat flour. Then proceed as indicated for whole wheat biscuits.

### WHOLE WHEAT BISCUITS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup whole wheat flour | = 4⅛ Ounces |
| 1 Cup bread flour | = 4 Ounces |
| 1¼ Tablespoons light brown sugar | = ½ Ounce |
| 2 Tablespoons butter | = 1 Ounce |
| ½ Teaspoon salt | = ½ Teaspoon |
| 6 Teaspoons baking powder | = ¾ Ounce |
| 1 Cup milk | = ½ Pint |

Sift together flour, salt, sugar, and baking powder; rub in the butter until thoroughly blended, then add the milk. Turn this onto a flour-dusted towel or board, knead just enough to make a smooth surface, then roll and cut same as other biscuits. Bake in oven heated to a temperature of 400° F.

### BRAN BISCUITS

Use the same recipe as for whole wheat biscuits, using bran instead of the whole wheat flour.

### GOLDEN TEA BISCUITS

In making golden tea biscuits, use the same recipe as for baking powder biscuits, adding one egg beaten with three-quarters cup of milk instead of just one cupful. Sift with the flour one tablespoon of powdered sugar, and proceed as indicated for baking powder biscuits.

## GRIDDLE CAKES

Griddle cakes should be made small and not too thick. An iron frying pan may be used when there is no griddle. Grease just enough to prevent the cakes from sticking to the pan, as when too much grease is used, the cakes are not so smooth as they should be.

### BUCKWHEAT CAKES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup buckwheat flour | = 5 Ounces |
| ½ Cup bread flour | = 4 Ounces |
| 4 Teaspoons baking powder | = ½ Ounce |
| 1 Egg | = 1 Egg |
| ¾ Teaspoon salt | = ¾ Teaspoon |
| 1½ Cups milk | = ¾ Pint |
| 1 Tablespoon molasses | = 1 Ounce |
| 1 Tablespoon melted butter | = ½ Ounce |

Beat together eggs, salt, and molasses; add the milk, and the flour sifted with baking powder, and lastly mix in the butter. Bake the same as wheat cakes.

### CORN CAKES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup yellow corn meal | = 5¼ Ounces |
| 1½ Cups cake flour | = 6 Ounces |
| 2 Eggs | = 2 Eggs |
| 2 Tablespoons sugar | = 1 Ounce |
| 3 Tablespoons melted butter | = 1½ Ounces |
| 1 Teaspoon salt | = 1 Teaspoon |
| 6 Teaspoons baking powder | = ¾ Ounce |
| 1 Cup milk | = ½ Pint |

Beat together egg, sugar, salt, and milk; add the corn meal and flour sifted with baking powder, then add the

butter, and mix until a smooth batter is obtained. Bake same as wheat cakes.

## FLANNEL GRIDDLE CAKES

Flannel griddle cakes are made the same as wheat cakes, using half sweet and half sour milk.

### Griddle Cakes, No. 1

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cake flour | = 8 Ounces |
| ½ teaspoon salt | = ½ teaspoon |
| 8 teaspoons baking powder | = 1 Ounce |
| 1½ Cups milk | = ¾ Pint |
| 2 Tablespoons butter | = 1 Ounce |
| 1½ Tablespoons sugar | = ¾ Ounce |

Mix and sift the flour, sugar, salt, and baking powder; add the milk and melted butter. Beat well until smooth, and bake same as wheat cakes.

### Griddle Cakes, No. 2

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup cake flour | = 4 Ounces |
| 1 Egg | = 1 Egg |
| 1 Tablespoon sugar | = ½ Ounce |
| ¼ Teaspoon salt | = ¼ Teaspoon |
| 2 Teaspoons baking powder | = ¼ Ounce |
| 1 Cup milk | = ½ Pint |
| 1 Tablespoon butter or salad oil | = ½ Ounce |

Beat together egg, salt, sugar, and milk; then add the flour and baking powder sifted together, and mix until smooth, then add the melted butter or oil. Bake on a hot griddle, on one side first, then turn and bake the other side. Serve with butter, or maple syrup.

## JOHNNY CAKES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¾ Cup yellow corn meal | = 3¼ Ounces |
| ⅞ Cup whole wheat flour | = 4 Ounces |
| 1 Cup bread flour | = 4 Ounces |
| 2 Tablespoons melted butter | = 1 Ounce |
| 1½ Tablespoons sugar | = ¾ Ounce |
| 2 Eggs | = 2 Eggs |
| 1½ Cups milk | = ¾ Pint |
| 6 Teaspoons baking powder | = ¾ Ounce |
| ½ Teaspoon salt | = ½ Teaspoon |

Beat together the yolks of the eggs, sugar, salt; then add some of the milk, corn meal, whole wheat flour and cake flour, sifted with the baking powder. Add the rest of the milk, butter, and lastly fold in the whites of the eggs beaten stiff. Bake same as wheat cakes.

## RICE GRIDDLE CAKES

Add to the corn cake batter, one-half cup of boiled rice. Treat the same as indicated for corn cakes.

## WHOLE WHEAT CAKES

In making whole wheat cakes, use the same recipe as for griddle cakes, using half flour and half whole wheat flour.

# WAFFLES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup bread flour | = 4 Ounces |
| 1 Large egg | = 1 Egg |
| ¼ Teaspoon salt | = ¼ Teaspoon |
| 2 Teaspoons baking powder | = ¼ Ounce |
| ½ Cup milk | = ¼ Pint |
| 1½ Tablespoons salad oil | = 1½ Tablespoons |

Beat well together egg, salt, and milk. Then mix in

the flour and baking powder sifted together, and last of all the oil. Bake in hot waffle iron, and grease the iron well each time before using. Serve hot with maple syrup.

NOTE: Melted butter may be used instead of the oil. A French whip is very good for mixing.

### WAFFLES WITH SOUR CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup bread flour | = 4 Ounces |
| 1 Large egg | = 1 Egg |
| ¼ Teaspoon salt | = ¼ Teaspoon |
| ½ Teaspoon baking soda | = ½ Teaspoon |
| ¼ Cup sour cream | = ⅛ Pint |
| ½ Tablespoon sugar | = ¼ Ounce |
| ½ Cup sweet milk | = ¼ Pint |

Mix and treat the same as for plain waffles.

NOTE: When a lighter waffle is desired, the white of the egg may be beaten stiff, and fold in the batter last of all.

## MUFFINS (OR GEMS)

Muffins, biscuits, griddle cakes, and waffles are very simple to make, and it takes only a short time to prepare them.

By following the proper instructions, and by careful measuring, the best of results can be obtained. Make different varieties of muffins, biscuits, griddle cakes, or waffles. Various assortments of food on the table please the individual, and when the day is started with good appealing food in the home, there will be a pleasant atmosphere throughout the day.

When recipes call for butter, this may be substituted by crisco, oil, or other compounds.

## PLAIN MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cake flour | = 8 Ounces |
| 1 Cup milk | = ½ Pint |
| 2 Eggs | = 2 Eggs |
| 2 Tablespoons butter | = 1 Ounce |
| 1 Tablespoon sugar | = ½ Ounce |
| ½ Teaspoon salt | = ½ Teaspoon |
| 4 Teaspoons baking powder | = ½ Ounce |

Cream the butter and sugar, add the eggs and salt, then the milk; add flour and baking powder sifted together. Mix until smooth, fill buttered muffin cups half full, and bake in oven at a temperature of 400° F.

## BLUEBERRY MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cake flour | = 8 Ounces |
| 1 Cup blueberries | = ½ Pint |
| 1 Tablespoon butter | = ½ Ounce |
| 1 Egg | = 1 Egg |
| 1 Cup milk | = ½ Pint |
| 1 Teaspoon salt | = 1 Teaspoon |
| 4 Teaspoons baking powder | = ½ Ounce |

Treat the same as plain muffins, and add the berries last, mixing them in very carefully so as not to break them.

NOTE: Dust the berries with a little flour to prevent them from sinking to the bottom of the muffins while baking. Drop a few of the berries on top just before baking.

## BRAN MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup bread flour | = 4 Ounces |
| 1¾ Cups bran | = 6 Ounces |
| 1 Teaspoon baking soda | = 1 Teaspoon |
| 1 Teaspoon salt | = 1 Teaspoon |
| 1 Cup milk | = ½ Pint |
| ½ Cup molasses | = 6 Ounces |
| 1 Egg | = 1 Egg |

Sift flour, soda, and salt; add the bran. Then beat together milk, molasses, and egg; mix all together to make a smooth mixture. Bake in buttered muffin tins in oven at a temperature of 375° to 400° F.

## CEREAL MUFFINS

Make the same as rice muffins, using left-over cooked cereals in place of the rice. Use cereals such as oatmeal, hominy, cream of wheat, etc.

## CORN MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¼ Cup butter | = 2 Ounces |
| ¼ Cup powdered sugar | = 1¾ Ounces |
| 1 Egg | = 1 Egg |
| 1 Teaspoon salt | = 1 Teaspoon |
| 1 Cup milk | = ½ Pint |
| 1 Cup cake flour | = 4 Ounces |
| ¾ Cup corn meal | = 5 Ounces |
| 4 Teaspoons baking powder | = ½ Ounce |

Cream the butter, sugar, and salt. Add the egg, mix in the milk and corn meal; then fold in the flour and baking powder sifted together. Fill buttered muffin cups half full, and bake in oven at a temperature of 400° to 425° F.

## DATE MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Tablespoons butter | = 1 Ounce |
| 1 Tablespoon sugar | = ½ Ounce |
| 1 Egg | = 1 Egg |
| 2¼ Cups cake flour | = 9 Ounces |
| 4 Teaspoons baking powder | = ½ Ounce |
| ½ Teaspoon salt | = ½ Teaspoon |
| 1 Cup milk | = ½ Pint |
| 12 Dates | = 12 Dates |

Treat the same as plain muffins, and mix in lastly the pitted dates cut into small pieces.

## FIG MUFFINS

Fig muffins are made the same as date muffins, using 6 figs in place of the dates.

## ENGLISH MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups bread flour | = 8 Ounces |
| 1 Cup warm milk | = ½ Pint |
| ½ Teaspoon salt | = ½ Teaspoon |
| 1 Yeast cake | = 1 Yeast cake |

Dissolve the yeast in the warm milk, add salt and flour; make a smooth batter and let raise. When it has risen to about twice its original size, bake on a hot griddle the same as griddle cakes, and when partly colored turn over same as when making griddle cakes, then finish baking. Do not mix the batter but take from the top lightly with a ladle, so as to keep the batter raised. When done cut in two, toast, and serve buttered.

## GRAHAM MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup graham flour | = 2⅔ Ounces |
| ½ Cup entire wheat flour | = 1¾ Ounces |
| ¾ Cup bread flour | = 3 Ounces |
| ¼ Cup sugar | = 2 Ounces |
| 1 Teaspoon salt | = 1 Teaspoon |
| 1 Cup milk | = ½ Pint |
| 1 Egg | = 1 Egg |
| 3 Tablespoons melted butter | = 1½ Ounces |
| 6 Teaspoons baking powder | = ¾ Ounce |

Sift all dry ingredients together, beat the egg and milk together with the melted butter, and add this to the dry ingredients gradually. When thoroughly mixed, fill buttered muffin cups half full, and bake in oven at a temperature of 375° F.

## RICE MUFFINS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cake flour | = 8 Ounces |
| 1 Cup milk | = ½ Pint |
| 1 Tablespoon butter | = ½ Ounce |
| 1 Tablespoon sugar | = ½ Ounce |
| ½ Teaspoon salt | = ½ Teaspoon |
| 1 Egg | = 1 Egg |
| 1 Cup cold boiled rice | = ½ Pint |
| 4 Teaspoons baking powder | = ½ Ounce |

Treat the same as plain muffins, mixing in the rice last of all.

NOTE: This is a good way to use up left-over rice.

## RYE MUFFINS

Use the same recipe as for graham muffins, using rye meal instead of graham flour. Then proceed as indicated for graham muffins.

### WHOLE WHEAT MUFFINS

Use the same recipe as for bran muffins, using one and a quarter cups of whole wheat flour in place of the bran. Proceed as indicated for bran muffins.

## SCONES

### SCOTCH SCONES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¼ Cup butter | = 2 Ounces |
| 2¼ Tablespoons powdered sugar | = 1 Ounce |
| 6 Tablespoons baking powder | = ¾ Ounce |
| 1 Large egg | = 1 Large egg |
| 1½ Cups milk | = ¾ Pint |
| 4 Cups cake flour | = 1 Pound |
| ¼ Teaspoon salt | = ¼ Teaspoon |

Cream butter, salt, and sugar together, add the egg, then the milk. Mix in the flour and baking powder sifted together, and work lightly until smooth. Roll out one-half inch thick on cloth or floured board, cut with a round cutter, and cut each in four pieces. Place on a greased baking pan, and bake in oven at a temperature of 400° F. When half baked, turn over and finish baking on the other side.

### SCOTCH SCONES WITH RAISINS

Add to the Scotch scone recipe, one-half cup of raisins. Roll them out and cut the same way, and when placed in baking pan, brush over with milk and bake. Do not turn them over.

### POP-OVERS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup bread flour | = 4 Ounces |
| 2 Eggs | = 2 Eggs |
| 1 Cup milk | = ½ Pint |
| ¼ Teaspoon salt | = ¼ Teaspoon |

Make a smooth batter of the flour, milk, and salt; then beat the eggs slightly with a whip and add to the batter. Mix all together and pour into greased cups, filling three-quarters full. Bake in oven at a temperature of 400° F.

## DOUGHNUTS AND CRULLERS

In order to have good doughnuts, care must be taken to have the fat the proper temperature. Too hot fat will make doughnuts small, while too cold fat will produce a grease-soaked doughnut. The best results, therefore, are obtained when the temperature of the fat is 380° F., or hot enough to brown a piece of bread in 50 seconds.

### DOUGHNUTS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cake flour | = 8 Ounces |
| ½ Cup milk | = ¼ Pint |
| 4 Teaspoons baking powder | = ½ Ounce |
| 1 Tablespoon butter | = ½ Ounce |
| 1 Egg | = 1 Egg |
| 1 Pinch nutmeg | = 1 Pinch |
| 4 Tablespoons sugar | = 2 Ounces |
| ½ Teaspoon salt | = ½ Teaspoon |

Cream the butter, salt, and sugar together; add the egg and the milk; work in lightly flour and baking powder sifted together. Roll out to about one-quarter inch thickness on towel or floured board, cut with a doughnut

cutter, and fry in crisco or oil. Doughnuts should come quickly to the surface of the fat. When browned on one side turn them over on the other side. Drain on unglazed paper, and sprinkle with powdered sugar.

### CRULLERS

Roll out a doughnut mixture to about one-half inch thickness, and cut into strips three inches long and one-half inch wide, then roll and twist each strip. Fry in fat same as doughnuts.

## EGGS

There is but little difference in the digestibility of eggs cooked in various ways.

Eggs are valuable in the dietary, because they are frequently combined with flour, cereal products, and vegetables which contain a large amount of starch, and again some of these contain a small amount of protein. These combinations furnish a balanced ration, as well as secure palatability, and are good combinations of foods.

Eggs in combination with flour, sugar, and butter have an equally great value as a substitute for meat. Pastry, cakes, and other desserts have a good food value when made from fresh eggs, good butter, sugar and flour. The cause of the spoiling of eggs is due largely to exterior bacterial infection.

There are many different ways of preparing eggs, some are very simple, and others are a little more complicated. However, by following the proper directions given here, good results can be obtained easily. When just beginning the art of cooking, it is always best to try the simple recipes first, that is, the ones that seem most appropriate to you,

then very soon all the recipes will become very simple. Always use fresh eggs, they are cheaper in the long run.

### EGGS FINLAND STYLE

Serve eggs poached on boiled rice with tomato sauce.

### BOILED EGGS

Eggs are usually boiled in water from 3 to 5 minutes. Three minutes is the time for a soft-boiled egg, 4 minutes for a medium, and 5 minutes for a hard-boiled egg; 3½ minute eggs are usually preferred for breakfast.

### FRIED EGGS

Heat a small omelet pan; put in one-half tablespoon of butter, and when melted, slip in an egg and cook until the white becomes firm. Remove from the pan to a plate, sprinkle with a little salt and pepper, and serve.

It may be served with slices of fried bacon or ham.

### PLAIN OMELET

Break two eggs in a bowl, add two tablespoons of milk, salt, and pepper, and beat well; melt half a tablespoon of butter in a hot frying pan and pour in the beaten eggs. As soon as the sides and bottom start to have the appearance of getting set, lift the edges of the omelet in order to allow the thin running egg to get underneath, shaking the pan until the egg is set; when brown, fold over on a warm platter and serve. Be sure that the eggs are not overcooked and dry.

A great variety of omelets may be made by mixing in vegetables, meats, or chopped fish with the eggs before cooking the omelet, or again, by placing these on top of the omelet when cooked, folding in.

### POACHED EGGS (DROPPED)

Place over a fire a pan with some water and a few drops of vinegar. While the water is boiling, break one egg at a time and drop into it. Cook slowly until the eggs are as firm as desired, then remove with a skimmer taking care not to break the eggs while doing so. Serve on buttered toast.

After having made these a few times you may poach two or more at a time.

### SCRAMBLED EGGS

Break two eggs into a bowl, season with salt and pepper, and beat with two tablespoons of milk.

Place on a stove a frying pan with one tablespoon of butter; when the butter has melted and is hot, pour in the eggs into the pan, and cook over a slow fire. As the eggs thicken stir until fully cooked, but do not cook too dry.

Milk may be omitted, or may be replaced by cream, or water.

## FRUITS

### COMPOTE DE FRUITS (STEWED FRUITS)

Stewed fruits should be prepared from fresh fruits, as it takes but very little time to prepare good stewed fruits, and the results obtained will more than compensate you for the small amount of trouble entailed in their preparation.

### SYRUP FOR STEWED FRUITS

First, prepare a syrup by boiling 2 cups of water with 1 cup of sugar and the juice of ¼ of a lemon.

### APPLE COMPOTE

Peel and core 3 nice table apples, then cut each apple in four pieces, and let them simmer in the syrup until tender. Serve cold with some of the syrup.

### APRICOT COMPOTE

Select 8 nice apricots (not too ripe), prick them here and there with a fork, and drop them in the boiling syrup and boil slowly until tender. Serve cold with some of the syrup.

### CHERRY COMPOTE

Wash and stone 2 cups of cherries, add a drop of red coloring to the syrup. Drop the cherries in and boil slowly for 10 minutes, or until tender.

### COMPOTE OF PLUMS

Select 12 large plums (not too ripe) and drop them into red-tinted syrup, and boil very slowly for 5 minutes. Serve very cold with some of the syrup.

### PEACH COMPOTE

Bring some water to a boil in a sauce-pan, then drop in 6 peaches and let boil again. When boiling, remove the peaches and place in cold water where the skins are easily removed. Drop the peaches into the syrup and boil very slowly for 10 minutes, or until the fruit is tender. Serve cold with some of the syrup.

### PEAR COMPOTE

Select 6 nice pears, peel them and cook in the syrup until tender. Serve cold with some of the syrup.

## RASPBERRY COMPOTE

Select 1 pint of ripe raspberries, hull and wash them carefully. Drop them into the boiling syrup, and let boil for 1 minute. Serve cold with some of the syrup.

## RHUBARB COMPOTE

Peel off the skin from 1 pound of rhubarb; cut into small pieces, and add to the boiling syrup. Cover with a paper and let simmer until the fruit is tender. Place aside until cold before pouring into a bowl so as not to break the fruit. Serve very cold.

## STRAWBERRY COMPOTE

Prepare the same as raspberry compote, using 1 pint of hulled and washed strawberries in place of the raspberries.

## BAKED APPLES

For 5 apples use:

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup sugar | = 4 Ounces |
| ½ Cup water | = ¼ Pint |
| ¼ Teaspoon cinnamon | = ¼ Teaspoon |

Core the apples and place in a moderately deep baking pan. Fill the centers with sugar and cinnamon mixed together. Pour the water around the apples, and bake until tender in an oven at a temperature of 350° F. When done, if preferred, remove the skin and sprinkle some sugar on top of the apples, then place them in a very hot oven until a nice glacéd brown.

# PART II

## DESSERTS

BAKED PUDDINGS, CHILLED PUDDINGS, SOUFFLÉ PUDDINGS, STEAMED AND BOILED PUDDINGS, HOT SWEETS, FRENCH PAN CAKES, COLD SWEETS, CHARLOTTES, BLANC-MANGE, SWEET SAUCES.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# DESSERTS

## PUDDINGS

Puddings are among the most popular desserts served and are generally the most economical. They should be made, however, according to the formulas given, and not by guesswork. A well prepared pudding is always a well liked dessert.

There are six varieties of pudding: steamed, boiled, baked, soufflé, chilled and frozen. Generally speaking, however, the most popular puddings are the baked, chilled, and soufflé in the order given.

Steamed puddings are somewhat heavy and should be served only in very cold weather.

Frozen puddings are ice cream combinations and belong to the ice cream desserts. They will be found in Part IX.

## BAKED PUDDINGS

### Apple Rice Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Cups milk | = 1½ Pints |
| ¼ Cup rice | = 2 Ounces |
| 1 Egg | = 1 Egg |
| ¼ Cup sugar | = 2 Ounces |
| ½ Teaspoon vanilla | = ½ Teaspoon |
| 4 Stewed apples | = 4 Apples |

Wash rice, add to the milk, and boil. Cook in a double boiler until the rice is tender. Stir from time to time to prevent the rice from sticking together. This will take from 1 to 1½ hours. When the rice is tender, remove

from fire, add the sugar, egg, and vanilla beaten together, and mix well.

Arrange in the bottom of a pudding dish sliced stewed apples (see Apple Compote in Part I), then fill the dish nearly full with the rice. Set the pudding in a pan of hot water, and bake in oven at a temperature of 400° F., until a light brown. When baked, serve plain or with cream. If a softer pudding is desired, some milk may be added to the mixture.

### Apple Tapioca Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Cups milk | = 1½ Pints |
| ⅓ Cup pearl tapioca | = 2¼ Ounces |
| 2 Eggs | = 2 Eggs |
| ¼ Cup sugar | = 2 Ounces |
| ½ Teaspoon vanilla | = ½ Teaspoon |

Treat and serve same as apple rice pudding.

### Bread and Butter Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 2 Eggs | = 2 Eggs |
| ½ Cup sugar | = 4 Ounces |
| 4 Tablespoons melted butter | = 2 Ounces |
| 1 Teaspoon vanilla | = 1 Teaspoon |
| ¼ Cup raisins | = 1½ Ounces |

Place the raisins in the bottom of a pudding dish. Cut very thin slices of stale bread, remove the crust, then cut each slice in two, crosswise. Dip the bread in melted butter, and place in pudding dish over the raisins. Beat together eggs, sugar, vanilla, and milk, and strain. Pour this over the bread, and set the pudding in a pan of hot

water, and bake in oven at a temperature of 400° F. When the bread is a nice light brown, and when the custard is done, remove from the oven. Serve hot with cream, separate, or plain.

This recipe is to serve six persons.

NOTE: To ascertain if custard is done, stick the point of a knife in the center. If no liquid comes out on the blade, the pudding is considered done.

### Cabinet Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| ½ Cup sugar | = 4 Ounces |
| 2 Eggs | = 2 Eggs |
| ¼ Cup raisins | = 1½ Ounces |
| 5 Sweet rolls or buns | = 5 Rolls |

Butter and dredge with sugar, five individual pudding moulds, or eight muffin tins. Cut the rolls in small portions.

Mix raisins and rolls together, and place them in each cup.

Next beat together eggs, sugar, and milk, and pour this over the bread until the moulds are about ¾ full. Set the moulds in a pan of hot water, and leave in an oven at a temperature of 375° F. until the custard is done, same as for bread and butter pudding. Then remove from the oven, and let stand a while before serving.

Turn the pudding out on a hot dish, and serve with a hot vanilla custard sauce over.

NOTE: Sponge cake or lady fingers may be used instead of rolls.

### Diplomat Pudding

Prepare and bake the same as cabinet pudding, but instead of the raisins use candied fruits, chopped, and serve with a Melba sauce.

### Rice Pudding

Prepare a rice as for apple rice pudding, cooking a little softer; add ¼ cup of cream. Beat stiff the white of an egg, and mix in with the rice.

Arrange a few raisins in the dish in place of the apples. Bake, and serve same as apple rice pudding.

### Rice Meringue Pudding

Prepare rice same as for apple rice pudding, using yolks of two eggs instead of one. Bake the rice in a pudding dish or pan, same as for apple rice pudding, leaving the apples out. When baked, beat the whites of the eggs until stiff, add ¼ cup sugar. Spread this on top of the pudding, and return to a hot oven to brown the meringue.

### Sago Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Cups milk | = 1½ Pints |
| ¼ Cup sago | = 2 Ounces |
| 2 Eggs | = 2 Eggs |
| ¼ Cup sugar | = 2 Ounces |
| ½ Teaspoon vanilla | = ½ Teaspoon |

Boil the milk, add the sago, and cook in double boiler, stirring well from time to time, until it becomes a mush; then remove from the fire and add the yolks of the eggs beaten with the sugar and vanilla; then beat the whites of the eggs until firm, and mix all well together. Bake same as rice pudding. Serve with cream or plain.

### Sago Meringue Pudding

This is made by preparing and baking a sago pudding with the yolks of the eggs only. When the pudding is baked, beat the whites of the eggs firm, with ¼ cup sugar, and bake same as rice meringue pudding.

### Tapioca Pudding

Prepare same as sago pudding, using minute tapioca.

### Meringue Tapioca Pudding

Prepare same as sago meringue pudding.

### Sally's Bread Pudding

Place in a pudding dish 1½ cups of bread crumbs, then prepare a mixture as for bread and butter pudding; pour this over the bread and let stand for 10 minutes, then bake same as a bread pudding. Serve with hot mousseline sauce.

### Indian Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| ¼ Cup molasses | = 3 Ounces |
| ½ Teaspoon salt | = ½ Teaspoon |
| ½ Teaspoon ginger | = ½ Teaspoon |
| 2½ Tablespoons Indian meal | = ¾ Ounce |
| 1 Egg | = 1 Egg |

Pour the milk on meal and stir well, cooking in double boiler until it forms a mush. Add the egg, molasses, salt, and ginger, and cook until it thickens, stirring from time to time. When it forms a running mush, pour in a pudding dish, and bake same as rice pudding. Serve with cream.

## CHILLED PUDDINGS

These desserts are a great advantage to the busy housekeeper, as they may be prepared hours before needed, or the day before. There is no last minute hurrying in order to have something ready for a dessert course, and these are delicious in themselves.

### Chocolate Bavarian Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 4 Tablespoons cocoa | = 1 Ounce |
| 5 Teaspoons gelatine | = ½ Ounce |
| ½ Cup heavy cream | = ¼ Pint |
| 2 Whites of eggs | = 2 Egg whites |
| ¾ Cup sugar | = 6 Ounces |
| 2 Teaspoons vanilla | = 2 Teaspoons |

Soak the gelatine in half of the milk for five minutes; boil the other half of the milk with the sugar and cocoa. When boiling, remove from the fire and pour slowly on the milk with the gelatine and place on ice to cool. When cold, and just before it begins to set, mix in the vanilla, the cream, and the egg whites beaten firm. Mix well on ice until it thickens somewhat.

Pour into small or large jelly moulds, pudding dishes or cups, then place in the ice-box to set, usually about 1 hour. When set, unmould into a cold, deep dish, and serve with a vanilla mousseline sauce around (see Sweet Sauces). The yolks of the eggs may be used to make the sauce.

NOTE: To unmould, dip the moulds in lukewarm water so as to loosen the pudding. Knox sparkling gelatine is a good gelatine for desserts.

### Coffee Bavarian Pudding

Treat same as chocolate Bavarian pudding, using 2 cups black coffee instead of the milk, and no cocoa. Soak the gelatine in 1 cup coffee, and bring to a boil the other cup with sugar. Serve with a coffee mousseline sauce.

### Melba Bavarian Pudding

Melba Bavarian pudding is made same as the vanilla Bavarian pudding, but is served with a Melba sauce instead of vanilla sauce.

### Strawberry Bavarian Pudding

Prepare same as vanilla Bavarian pudding, using one cup of strawberry juice and one cup of milk instead of two cups of milk. Bring the strawberry juice and sugar to boiling point. Serve this pudding with a cold strawberry sauce.

NOTE: A few chopped or half berries may be added to this pudding.

### Vanilla Bavarian Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 5 Teaspoons gelatine | = ½ Ounce |
| ½ Cup sugar | = 4 Ounces |
| ½ Cup heavy cream | = ¼ Pint |
| 2 Whites of eggs | = 2 Egg whites |
| 2 Teaspoons vanilla | = 2 Teaspoons |

Soak the gelatine in one cup of milk, boil the rest of the milk with the sugar and treat same as chocolate Bavarian pudding. Serve with vanilla mousseline sauce.

### Walnut Bavarian Pudding

Prepare a vanilla Bavarian pudding, add ½ cup chopped walnut meats, and serve with a coffee mousseline sauce.

### Date Bavarian Pudding

Prepare a vanilla Bavarian pudding, mix in ½ cup of chopped dates and serve with an apricot sauce.

### Fig Bavarian Pudding

Prepare a vanilla Bavarian pudding, mix in ½ cup of figs cut in small pieces, and serve with an apricot sauce.

### Pistachio Bavarian Pudding

Prepare a vanilla Bavarian pudding, add ¼ cup pistachio nut meats, chopped, and serve with a kirsch-flavored mousseline sauce.

These pudding recipes will serve about 10 persons.

### Charlotte Puddings

Charlotte puddings may be made in the same flavors as Bavarian puddings.

Line the moulds or cups with lady fingers, cut in two, fill up the center with a Bavarian pudding mixture, and place in an ice-box. When set, unmould on a cold dish, and decorate with whipped cream before serving.

## SOUFFLÉ PUDDINGS

### Apricot Soufflé Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¼ Cup butter | = 2 Ounces |
| ½ Cup flour | = 2 Ounces |
| ¼ Cup sugar | = 2 Ounces |
| 1 Cup milk | = ½ Pint |
| 4 Eggs | = 4 Eggs |
| 2 Tablespoons apricot jam | = 3 Ounces |

Boil the milk with one-half of the sugar; then work into a paste, the butter and flour, and add to the boiling milk. Stir while on the fire until a dry smooth paste is

obtained, then remove from fire, and add the egg yolks one at a time. Add the jam, and fold in the egg whites beaten firm with the rest of the sugar. Fill pudding cups, greased and dredged with sugar, three-quarters full. Set the cups in a pan of hot water, and bake in oven at a temperature of 375° F. When baked, remove from the oven, and place on a small flame to keep the water boiling, which prevents the pudding from falling flat. When ready to serve, remove from the mould into a deep dish, and serve with a hot apricot sauce around. These puddings are very delicious.

NOTE: Canned apricots may be used instead of jam.

### Blueberry Soufflé Pudding

Prepare same as the apricot soufflé pudding, adding ½ cup of blueberries instead of the apricot jam. Serve with a hot apricot sauce.

### Date Soufflé Pudding

Prepare same as the apricot soufflé pudding, adding ½ cup dates, cut in small pieces, instead of the apricot jam. Serve with a Melba sauce mixed with finely chopped dates.

### Fig Soufflé Pudding

Prepare same as the apricot soufflé pudding, adding ½ cup of chopped figs, instead of apricot jam. Serve with a small preserved fig on top of each pudding, and apricot sauce all around.

### Montmorency Soufflé Pudding

Prepare same as the apricot soufflé pudding adding ¼ cup of chopped maraschino cherries, instead of the apricot jam. Serve with a hot kirsch-flavored apricot sauce.

### Orange Soufflé Pudding

Prepare same as the apricot soufflé pudding, adding the grated rind of an orange, and a little orange coloring instead of the apricot jam. Serve with a hot orange custard sauce.

### Saxon Soufflé Pudding

Prepare same as the apricot soufflé pudding, using the grated rind of 2 lemons instead of the apricot jam and adding a little yellow coloring. Serve with a hot orange custard sauce.

### Strawberry Soufflé Pudding

Prepare same as the apricot soufflé pudding, using ¼ cup of strawberries cut in halves, and a little red coloring, instead of the apricot jam. Serve with a hot strawberry sauce.

### Vanilla Soufflé Pudding

Prepare same as the apricot soufflé pudding, flavoring with 2 teaspoons of vanilla instead of the apricot jam. Serve with a vanilla custard sauce.

### Walnut Soufflé Pudding

Prepare same as the apricot soufflé pudding, adding ½ cup chopped walnut meats instead of the apricot jam. Serve with a coffee custard sauce.

## STEAMED AND BOILED PUDDINGS

### Blueberry Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup butter | = 4 Ounces |
| ¾ Cup sugar | = 6 Ounces |
| 4 Whites of eggs | = 4 Egg whites |
| ½ Cup milk | = ¼ Pint |
| 2 Cups flour | = 8 Ounces |
| 2 Teaspoons baking powder | = ¼ Ounce |
| 1 Cup blueberries | = 1 Cup |
| ¼ Teaspoon salt | = ¼ Teaspoon |

Cream butter, salt and sugar, add the egg whites one at a time; when all added, mix in the milk and the flour sifted with the baking powder; add the berries, and pour into a buttered mould, cover, and steam for two hours. Serve with a hard sauce or lemon sauce.

### English Plum Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup butter | = 8 Ounces |
| 1 Cup sugar | = 8 Ounces |
| 4 Eggs | = 4 Eggs |
| 1 Lemon | = 1 Lemon |
| 1 Orange | = 1 Orange |
| 2½ Cups flour | = 10 Ounces |
| 2 Teaspoons baking powder | = ¼ Ounce |
| 6 Cups muscat raisins | = 2 Pounds |
| 6 Cups currants | = 2 Pounds |
| 2 Teaspoons cinnamon | = 2 Teaspoons |
| ½ Teaspoon nutmeg | = ½ Teaspoon |
| ½ Teaspoon allspice | = ½ Teaspoon |
| ½ Teaspoon cloves | = ½ Teaspoon |
| 2 Cups dark molasses | = 1 Pint |
| 1 Cup rum or apple cider | = ½ Pint |
| 1 Cup Orange peel | = 6 Ounces |
| 1 Cup Melon peel | = 6 Ounces |
| 1 Cup Lemon peel | = 6 Ounces |
| 2 Teaspoons salt | = 2 Teaspoons |

Cream butter, sugar, and salt, add the eggs one at a time, then add the rind and juice of orange and lemon, and mix in the flour. Mix together raisins, spices, molasses, rum, and the fruit peels chopped very fine. When thoroughly mixed, fill buttered moulds three-quarters full, cover, and steam 5 hours. Warm up before serving, and serve with a hot rum-flavored custard sauce or a hard sauce.

### Coconut Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup sugar | = 4 Ounces |
| ¼ Cup butter | = 2 Ounces |
| 5 Whites of eggs | = 5 Egg whites |
| 1 Cup shredded coconut | = 3 Ounces |
| 1 Cup flour | = 4 Ounces |
| 1½ Teaspoons baking powder | = ¼ Ounce |

Treat same as blueberry pudding, and serve with a vanilla custard sauce.

### Suet Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¾ Cup suet | = 4 Ounces |
| 1 Cup molasses | = ½ Pint |
| 1 Cup milk | = ½ Pint |
| 3 Cups flour | = 12 Ounces |
| 1 Teaspoon soda | = 1 Teaspoon |
| 1 Teaspoon salt | = 1 Teaspoon |
| Ginger, cloves and nutmeg | = ½ Teaspoon |
| 1 Teaspoon cinnamon | = 1 Teaspoon |

Chop the suet with the flour until very fine, then mix in all the dry ingredients. Add molasses and milk. Work the mixture until smooth. Bake same as blueberry pudding. Serve with a hot lemon custard sauce.

### Messina Pudding

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¾ Cup beef suet | = 4 Ounces |
| 1½ Cups bread crumbs | = 8 Ounces |
| ½ Cup brown sugar | = 4 Ounces |
| 2 Apples | = 2 Apples |
| 1 Lemon | = 1 Lemon |
| 2 Eggs | = 2 Eggs |
| 1 Cup milk | = ½ Pint |
| ½ Cup flour | = 2 Ounces |

Chop suet and flour together, place in a mixing bowl, add the bread, sugar, the grating of the lemon, and apples chopped fine. Then add the eggs and milk, and mix thoroughly. Put the mixture into a pudding mould, tie it over with a buttered cloth, and boil for 1½ hours, then turn out on a hot dish, and serve with hard sauce.

There is too much work in the making of the boiled and steamed puddings; the plum pudding is really the only one worth the trouble, time, and money to make.

Therefore, I will not drift into long writing of different formulas that are not very frequently used.

## HOT SWEETS

### PEACH MERINGUE

Cut two pieces of sponge cake, about two and a half inches square and half an inch thick; place these on dessert plates, and place half a stewed peach on top of each piece of cake, then cover the peach portions with a meringue made from 1 egg white, and 1 tablespoon sugar. Place in an oven long enough to brown the meringue, and serve hot.

### PEAR MERINGUE

Make same as peach meringue, using pears instead of the peaches.

### APRICOT CONDE

Bake a rice pudding in a deep breakfast dish. When baked, place a half apricot over the top of the rice, and cover with an apricot sauce and serve.

### FIG CONDÉ

Prepare the same as apricot condé, but serve with a stewed fig on top instead of the apricot.

### PEAR CONDÉ

Prepare the same as apricot condé, then place a stewed pear on top and serve.

### CHOCOLATE PROFITEROLLE

Bake some medium size cream puffs (see French Pastry). When baked and cold, fill with vanilla ice cream and serve with a hot chocolate fudge sauce.

## FRITTERS

### FRITTER BATTER

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup flour | = 4 Ounces |
| 1 Egg | = 1 Egg |
| 3 Tablespoons butter | = 1½ Ounces |
| 3 Tablespoons sugar | = 1½ Ounces |
| ½ Teaspoon salt | = ½ Teaspoon |
| 2 Teaspoons baking powder | = ¼ Ounce |

Milk to make a medium soft batter

Mix together egg, sugar, salt, and one-quarter cup of milk, then add the flour sifted with the baking powder; mix well until smooth, and add a little more milk to make a medium soft batter, then add the melted butter and strain.

### APPLE FRITTERS

Pare and core four apples and cut into slices, then dip the slices into a fritter batter and drop in hot fat and fry

until soft, or until the apples become a nice golden brown. Serve hot, dusted with sugar.

### BANANA FRITTERS

Dip some sliced bananas in a fritter batter the same as apple fritters.

### PEAR FRITTERS

Dip some sliced pears in a fritter batter the same as apple fritters.

### PINEAPPLE FRITTERS

Make the same as apple fritters, using pineapple slices.

## CUP CUSTARD

### VANILLA CUP CUSTARD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup milk | = ½ Pint |
| 2 Eggs | = 2 Eggs |
| 1½ Tablespoons sugar | = ¾ Ounce |
| 1 Teaspoon vanilla | = 1 Teaspoon |

Boil the milk, then beat together the eggs, sugar, and vanilla; add the milk slowly, mix well and strain, then pour in baking cups or coffee cups. Place the cups in a pan with some water in it, and bake in an oven at a temperature of 350° F. When baked, remove from the oven and serve cold.

NOTE: One teaspoon of cornstarch may be added to the sugar.

# FRENCH PANCAKES (OR CRÊPES)

### How to fry French pancakes

Take a small omelet pan and place it over a bright fire, pour in a little melted butter, and when hot, pour in just enough batter to cover the bottom of the pan; then fry until the underneath is nicely browned (shaking the pan more or less all the time), then toss over the pancake and fry on the other side.

These pancakes should be made just as thin as possible and should be nicely browned.

### FRENCH PANCAKE BATTER

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup flour | = 4 Ounces |
| 2 Tablespoons sugar | = 1 Ounce |
| 1 Egg | = 1 Egg |
| 2 Tablespoons melted butter | = 1 Ounce |
| ½ Cup milk | = ¼ Pint |
| ½ Teaspoon salt | = ½ Teaspoon |

Beat together egg, sugar, and salt; add the milk and flour, and beat until smooth, then add the butter and strain.

### PANCAKE PARISIENNE

Fry some pancakes, and when fried, spread one side with red currant jelly and roll up, or fold in three times. Then dust with sugar and burn strips on the sugar with a red-hot wire. Arrange them neatly on a platter with a napkin or paper doily, and serve.

### PANCAKE MIRETTE

Fry same as the Parisienne, then spread with bar-le-duc, and finish same as Parisienne.

# COLD SWEETS

## VANILLA BAVARIAN CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup milk | = ½ Pint |
| ½ Cup sugar | = 4 Ounces |
| 2 Yolks of eggs | = 2 Egg yolks |
| 1 Cup heavy cream | = ½ Pint |
| 2 Teaspoons vanilla | = 2 Teaspoons |
| 3¼ Teaspoons gelatine | = ⅓ Ounce |

Boil the milk with half of the sugar, beat the eggs with the rest of the sugar and gelatine; add the boiling milk slowly, and mix well until the gelatine is dissolved. Put on ice to cool, stirring from time to time. When cold, mix in the vanilla and cream whipped stiff, fill up jelly moulds or cups and place in ice-box to set. When set, unmould, by dipping the moulds in warm water. Place the cream on a cold dish. Serve with a cold French vanilla sauce (or a sabayon sauce) around.

## CHOCOLATE BAVARIAN CREAM

Prepare same as vanilla Bavarian cream, adding to the milk 2 tablespoons cocoa. Serve with a French vanilla custard sauce.

## MARQUISE BAVARIAN CREAM

Prepare a vanilla Bavarian cream. Serve with a chocolate fudge sauce.

## MELBA BAVARIAN CREAM

Prepare a vanilla Bavarian cream. Serve with Melba sauce.

### STRAWBERRY BAVARIAN CREAM

Prepare a vanilla Bavarian cream and add half a cup of chopped strawberries just before the cream sets. Serve with a strawberry sauce.

A half cup of strawberry juice may be added by using one extra teaspoon of gelatine.

NOTE: Raspberry, peach, and apricot Bavarian creams are made the same way.

### WALNUT BAVARIAN CREAM

Prepare a vanilla Bavarian cream, add half a cup of finely chopped walnut meats. Serve with a coffee mousseline sauce.

Other nuts or fruits may be used, such as figs, dates, prunes, raisins, peanuts, or pecan nuts.

### APRICOT CUSTARD

Place half a stewed apricot in a cup or glass. Pour over this a boiled custard cream (see Boiled Custard), and put in the ice-box to chill. Cover with whipped cream before serving.

### PEACH CUSTARD

Prepare same as apricot custard, using halves of stewed peaches instead.

Pear custard and fig custard are prepared the same way. Canned fruits may be used instead of fresh stewed fruits.

## CHARLOTTES

### CHOCOLATE CHARLOTTE

Pour in the bottom of a straight mould a plain jelly about one-quarter inch thick, place in the ice-box to set, then line the sides of the mould with lady fingers, and fill

the center with a chocolate Bavarian cream. Place in the ice-box to set, and when set, unmould on a cold platter, and decorate with whipped cream.

Charlottes may be made in large, or in small individual forms.

### COFFEE CHARLOTTE

Is lined with coffee jelly and filled with coffee Bavarian cream.

### CHARLOTTE ROMAINE

Is lined with lemon jelly, and filled with a vanilla Bavarian cream mixed with fruit. Decorate with fruit and whipped cream.

### CHARLOTTE RUSSE

Line bottom and sides of mould with lady fingers, fill with whipped cream, turn out and decorate with whipped cream.

### STRAWBERRY CHARLOTTE

Is lined with strawberry jelly and filled with a strawberry Bavarian cream.

NOTE: All other flavored charlottes are made the same way, according to the flavor desired.

## JELLY

There are on the market many good jellos already prepared, in a variety of different flavors, and they are economical, and by following the directions given by the manufacturers of those jellos, very good results will be obtained.

But if you wish to make your own jelly, take one pint of hot water, add to this one cup sugar and five teaspoons gelatine; add flavor, such as juice of lemon, orange, strawberry, or raspberry, to suit. Strain and pour in glasses.

Place the glasses in the ice-box to set. When set serve with whipped cream on top.

For coffee jelly, use half black coffee and half water.

NOTE: When a good cold ice-box is on hand, use one teaspoon less gelatine than the recipe calls for. This applies to all gelatine desserts.

### BLANC-MANGE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| ½ Cup sugar | = 4 Ounces |
| 1 Teaspoon vanilla | = 1 Teaspoon |
| 5 Teaspoons gelatine | = ½ Ounce |
| ½ Cup heavy cream | = ¼ Pint |

Soak the gelatine in half of the milk. Scald the rest of the milk and the sugar, and add soaked gelatine; strain. When cold, add the cream, whipped, and the vanilla, and turn into a mould or glass and serve.

### CHOCOLATE BLANC-MANGE

Add extra tablespoon of sugar and half tablespoon of cocoa to the scalded milk.

### COFFEE BLANC-MANGE

Use half black coffee and half milk.

### STRAWBERRY BLANC-MANGE

Add one-quarter cup of crushed strawberries when the blanc-mange is cold.

## SAUCES

### COFFEE CREAM SAUCE

Make same as hot mousseline sauce, using half cream and half black coffee.

## APRICOT SAUCE

Press through a fine sieve or strainer, half a can of apricots, juice and all; add one cup (or half a pound) of sugar and bring to a boil. When boiling, add one tablespoon of cornstarch dissolved in two tablespoons of water; boil all together, stirring continually. Serve hot or cold.

## APRICOT MOUSSELINE SAUCE (HOT)

Add white of one egg beaten stiff to the apricot sauce, mix quickly and boil the sauce a second time.

## APRICOT MOUSSELINE SAUCE (COLD)

Mix into the apricot sauce when cold, one-half cup of whipped cream (or one-quarter pint).

## CHOCOLATE MOUSSELINE SAUCE

Add to the chocolate sauce, when cold, one-half cup of milk and one-quarter cup whipped cream.

## DELNA SAUCE

Mix well together half a cup Melba sauce, half a cup cold apricot sauce, one-quarter cup pineapple juice, half a cup whipped cream and a little red coloring.

## FRENCH VANILLA SAUCE

Bring to a boil:

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 1 Cup sugar | = 4 Ounces |

Beat well together:

| | |
|---|---|
| 3 Egg yolks | = 3 Egg yolks |
| ¼ Cup sugar | = 2 Ounces |

Add the milk slowly to the eggs and stir well, then

return to the fire and heat until the sauce thickens, but be careful not to let it boil. When it becomes a thick cream, remove from the fire and pour into a bowl, adding two teaspoons of vanilla and a little butter.

NOTE: This sauce makes an excellent foundation for a mousseline sauce (see Hot Mousseline Sauce).

## GOURMET SAUCE (SAUCE DES GOURMETS)

Mix well together:

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup Melba sauce | = ½ Pint |
| 1 Egg yolk | = 1 Egg yolk |
| ½ Cup whipped cream | = ¼ Pint |
| 4 Tablespoons milk | = 4 Tablespoons |

Add a little red coloring

## HARD SAUCE

Cream very lightly half a cup butter (or 4 ounces) with half a cup confectioner's sugar (3 ounces), then add the white of one egg beaten stiff, and mix well until smooth.

For orange sauce add the grated rind of one orange and a little orange coloring.

For lemon sauce add the grated rind of a small lemon and a little yellow coloring.

## HOT CHOCOLATE FUDGE SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup sugar | = 8 Ounces |
| 1 Cup water | = ½ Pint |
| ¾ Cup cocoa | = 4 Ounces |
| ½ Cup cream | = ¼ Pint |

Boil water, sugar and cocoa together. When boiling, add the cream and beat with a whip until it begins to thicken, then remove from the fire and serve hot or cold.

## HOT MOUSSELINE CREAM SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup sugar | = 8 Ounces |
| 1 Egg | = 1 Egg |
| 2 Egg yolks | = 2 Egg yolks |
| 1 Cup cream | = ½ Pint |

Place all the ingredients together in a sauce-pan, and whisk up until light and of a creamy consistency; then place the sauce in boiling water, and whisk until hot. Add any flavor desired before serving.

## LEMON CUSTARD SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup milk | = ½ Pint |
| ¼ Cup sugar | = 2 Ounces |
| 1 Lemon | = 1 Lemon |
| 1 Egg | = 1 Egg |
| 1 Tablespoon flour | = 1 Tablespoon |

Boil the milk. Beat together egg yolk, sugar, and the rind of the lemon with a little of the milk; add the flour and mix until smooth, then add the rest of the milk with the white of the egg beaten firm. Boil all together, stirring continually. Serve hot.

## MELBA SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup strawberry or raspberry juice | = ½ Pint |
| ½ Cup red currant jelly | = ¼ Pint |
| ½ Cup sugar | = 4 Ounces |

Place together in a sauce-pan and bring to a boil. When boiling add one teaspoon of cornstarch dissolved in one

tablespoon of water; boil all together, and when boiling, remove from the fire. Serve hot or cold.

NOTE: When fruits are not in season, they may be replaced by a strawberry jelly, using one-quarter cup water and no starch.

## MOUSSELINE SAUCE (FOAMY SAUCE)

Any sauce may be made a mousseline sauce by adding the white of an egg, beaten stiff, to the sauce while hot.

For a cold mousseline sauce add to any cold sauce one-quarter cup whipped cream.

## ORANGE CUSTARD SAUCE

Orange custard sauce is made same as lemon custard sauce, using the grated rind of an orange instead of the lemon, then adding a little orange coloring.

## PEACH SAUCE

Peach sauce is made same as apricot sauce, using peaches instead of apricots, and adding a little pink coloring. Flavor with peach brandy.

## SABAYON SAUCE

Make same as white wine sauce, adding one-quarter cup of heavy cream in place of the rum.

## RASPBERRY SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup raspberry juice or raspberry jelly | = ½ Pint |
| ½ Cup sugar | = 4 Ounces |
| ½ Cup water | = ¼ Pint |
| 2 Teaspoons cornstarch | = 2 Teaspoons |

Bring to a boil the water and sugar, add the fruit and starch dissolved in a little water, and boil all together, stirring continually. When boiling, remove from the fire and strain. Serve hot or cold.

## VANILLA CUSTARD SAUCE (YELLOW SAUCE)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup milk | = ½ Pint |
| ½ Cup sugar | = 4 Ounces |
| 2 Egg yolks | = 2 Egg yolks |
| 1 Teaspoon flour | = 1 Teaspoon |

Treat the same as lemon custard sauce.

For brandy sauce add one-quarter cup of brandy to the vanilla custard sauce.

## WHITE WINE SAUCE (OR SAUCE SABAYON)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup white wine | = ½ Pint |
| 3 Egg yolks | = 3 Egg yolks |
| ½ Cup sugar | = 4 Ounces |
| 2 Tablespoons rum, or cherry wine | = 2 Tablespoons |

Put into a sauce-pan the eggs, wine, sugar and rum and beat with a whip until light Then place the sauce-pan in boiling water and beat until hot, and serve.

# PART III

## PASTRY

Puff Paste, Patty Shells, Vol-au-vent, Cream Puffs and Eclairs, French Fruit Tarts, Boiled Custard Cream, Pies and Cookies.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# PASTRY

## THE ART OF PASTRY

When pastry first made its appearance upon our tables, it was as a simple accessory to the dinner, but during the last half-century, its rôle has extended considerably, and instead of playing a secondary part as formerly, it now stands side by side with l'art de la cuisine, endowed with equal and legitimate rights and pretensions.

Pastry has its souvenirs as well as its traditions. Take, for instance, the puff paste, which was invented in 1620 by a young artist named Claude Gelée (and also known by the name of Le Lorrain), who was born in Château-de-Champagne, France, in the year 1600, and who died in Rome, Italy, in 1682. He deserted his painting and became a pastry cook in 1620, and was so interested in this work that he followed it until 1639. He then went to Rome, Italy, and started a school of painting. His principal and best known paintings are Sacre de David, La Madre Dolorata, La Vue d'un Port de Mer au Soleil Couchant, La Fête Villageoise, and Le Débarquement de Cléopatre. There are twenty-eight landscapes of his which are very highly valued by art connoisseurs, and at the present time there exist in Italy several of his paintings of pâtisserie (or pastry).

From the puff paste derives our popular pastry, well known as pie. At the end of the sixteenth century, the first pies were introduced to the French public under the name of tourte.

## PUFF PASTE

Puff paste, which to many cooks seems very difficult to make, is really easy.

The fact is, that too many different methods are used by those who attempt to teach such work, and who know little or nothing about French puff paste.

In making puff paste, a good bread flour is essential as well as good butter. Make a dough the evening before.

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups bread flour | = 1 Pound |
| 2 Cups butter | = 1 Pound |
| 1½ Teaspoons salt | = 1½ Teaspoons |
| 1 Cup cold water | = ½ Pint |

Place the flour in a bowl, add the salt, and a quarter of the butter; then add the water. Knead until a smooth dough is obtained. Place the dough in the ice-box, cover over with a damp cloth, and let it rest over night. Form the rest of the butter in a flat square, and place in the ice-box. The next morning, take the paste on a floured cloth or board, and cut across with a knife, then pull down the so-formed four corners. Roll out the paste, following the directions of the four corners, leaving the center somewhat thicker. Place the butter in the center of the paste, fold in the four corners so as to completely envelop the butter. This is done by folding the right-side corner over the butter and the left-side corner over the right-side corner. Pull the corners out to keep the paste out a little on the sides away from the butter, so as to make sure that the butter is covered. Then fold the corner in front of you over the other two corners and fold the other corner under, thus enclosing the butter. Roll the paste out, about 1½ inches thick, cover with a damp cloth and

return to the ice-box for one-half hour; then roll the paste out in one direction only, and dust your board with flour when necessary, to prevent sticking. When it is rolled out to about the thickness of one-third of an inch, fold in three, by folding one end to the center and the other end over the one folded, thus making three layers. Roll out again, but in the other direction, fold in three as before, put on a tray in the ice-box for one hour, covered with a damp cloth. This is called giving two turns. After one hour give two more turns by following the same directions as before. This is now called the fourth turn, and the paste will keep that way from two to four days when kept in an ice-box covered over with a damp cloth. Before using, however, give it two more turns, and return to the ice-box for 15 minutes. It is then ready to make up.

In warm weather the puff paste should be rolled in a cool place and kept there until ready for the oven. In rolling, great care should be taken to see that every part is rolled out evenly. It is necessary to wet the pans on which the puff paste is to be baked. To prevent shrinking, puff paste should always be allowed to rest for a while in a cool place before baking.

## PATTY SHELLS

Roll out a six-turn puff paste one-sixth of an inch thick, then cut out with a patty cutter, first dipping the cutter in flour; place on a wet pan and press slightly on top, and wash with water. Then cut another piece of the same size and thickness, cut a hole in the center with a smaller cutter, thus forming a ring. Place the ring on top of the washed part, pressing lightly. Let stand from 15 to 25 minutes in a cold place, then wash the top of the ring with egg wash, and bake in oven at a temperature of 375°

to 400° F. When baked, remove the cover inside of the ring with a knife.

### VOL-AU-VENT

Same as patty shells, but larger and thicker in proportion.

## CREAM PUFFS AND ECLAIRS

### CREAM PUFF PASTE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup milk | = ½ Pint |
| ½ Cup butter | = 4 Ounces |
| ½ Tablespoon sugar | = ¼ Ounce |
| ¼ Teaspoon salt | = ¼ Teaspoon |
| 1 Cup flour | = 4 Ounces |
| 4 Eggs | = 4 Eggs |

Put butter, milk, sugar, and salt in a sauce-pan, and bring to a boil. When boiling, add the flour and stir up briskly until the paste is smooth. (If the paste is removed from the fire too soon, the puffs may not spring properly during the baking process.) After taking from the fire, mix in one egg at a time and work well each time before adding another egg. When all the eggs are added, drop on a baking sheet, the size of an egg yolk for puffs, or in finger shapes for eclairs, and bake in an oven at a temperature of 350° F.

### CREAM PUFFS

When the puffs are baked, fill them with custard cream or whipped cream and dust with powdered sugar.

### CHOCOLATE CREAM PUFFS

Fill with a chocolate custard cream and ice with a chocolate icing.

### COFFEE CREAM PUFFS

Same as chocolate, using a coffee cream and icing.

### VANILLA CREAM PUFFS

Same as chocolate, using a vanilla cream and icing.

### CHOCOLATE ECLAIRS

Make a finger-shaped puff, fill with chocolate custard cream and ice with chocolate icing.

### COFFEE ECLAIRS

Make the same way as the chocolate, using coffee cream and icing.

### VANILLA ECLAIRS

Use a vanilla custard cream and icing.

NOTE: Cream puff paste may be fried same as doughnuts. When fried, dust with sugar; or they may be filled with boiled custard cream, or jellies and jams.

### FRENCH FRUIT TARTS

Roll out a pie crust about one-sixth inch thick and cut out with a fancy cutter a little bigger than the moulds to be used; place in tart tins, and press the sides up with your fingers. Line the inside with paper, and fill with peas or rice, and bake in an oven at a temperature of 350° F. When baked and cold, remove the rice and paper, fill half full with custard cream and put on top a half portion of peach or pear, or a slice of pineapple. Decorate with whipped cream, or glacé the fruit used with a fruit glacé.

### Fruit Glacé

Put on fire one-half cup of juice from a can of apricots or peaches, add one-quarter cup sugar and boil. When

boiling add one-half tablespoon cornstarch dissolved in a little water and boil again. Apply to the fruit with a brush while hot.

## BOILED CUSTARDS, CREAMS

### BOILED CUSTARD (PASTRY CREAM)

#### Plain Boiled Custard Cream

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 4 Egg yolks | = 4 Egg yolks |
| ½ Cup sugar | = 4 Ounces |
| ½ Cup flour | = 2 Ounces |

Boil the milk with half of the sugar; beat together eggs, and the rest of the sugar and flour. Add the milk gradually and mix well, then boil all together, stirring continually to prevent burning, and as soon as it boils, remove from the fire, and add half a tablespoon of butter.

NOTE: This may be cooked in a double boiler until it is a thick custard.

#### Chocolate Boiled Custard Cream

For chocolate custard, add half a square of sweet chocolate while the custard is still hot.

#### Coffee Boiled Custard Cream

Make a boiled custard with half milk and half coffee.

#### Vanilla Boiled Custard Cream

Add one teaspoon of vanilla when the custard is cold.

## PIES

There is no doubt that pies are the favorite pastry and one that everyone seems to know.

It is perhaps the most varying item of food that the housekeeper puts on her table.

Not many know how to make a good flaky pie crust, and very few make a pie day after day, which has the same fine uniformity. This is due to carelessness in measuring the ingredients necessary to make these pies.

### PIE CRUST

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1½ Cups pastry flour | = 6 Ounces |
| ½ Cup crisco | = 4 Ounces |
| 1 Teaspoon salt | = 1 Teaspoon |
| 2 Teaspoons sugar | = 2 Teaspoons |
| ¼ Cup cold water | = 2 Ounces |

Rub well together the flour and crisco; add the water with sugar and salt dissolved in it, and knead very little. Place in the ice-box over night, and cover with a wet towel. This will give a very flaky pie crust, one which is tender, and the pies will be eaten with pleasure.

NOTE: Half butter and half crisco may be used.

### APPLE PIE

Line a deep pie plate with pie crust. Pare, core, and slice eight apples (or one and one-half pounds), mix the apples with one cup sugar and one-sixth teaspoon cinnamon, fill the pie with the apples and place on top, in small dabs, one tablespoon of butter. Wet edges with water, and cover the pie with a top crust. Press edges together, after cutting the surplus off the dough crust, and wash the

top with an egg wash made from half milk and half eggs, Apply the wash with a brush. Bake the pie in an oven at a temperature of 350° F.

NOTE: Brown sugar may be used.

### BLUEBERRY PIE

Line a pie plate same as for apple pie, and fill with nice ripe blueberries, which have been cleaned. Then mix well one-quarter cup sugar and two teaspoons cornstarch, and sprinkle this on top of the berries. Cover same as apple pie, and bake in an oven at a temperature of 425° F.

### BLACKBERRY PIE

Same as blueberry pie, using blackberries instead of blueberries.

### GOOSEBERRY PIE

Same as blueberry pie, using gooseberries instead of blueberries.

### CHERRY PIE

Same as blueberry pie, using sour red cherries instead of blueberries.

### PEACH PIE

Boil and skin the peaches same as for stewed fruits (see Stewed Fruits). Cut the peaches in halves and arrange them in a pie plate lined with pie crust. Sprinkle sugar and cornstarch over, cover with a top crust, and bake same as berry pie.

### PEAR PIE

Same as peach pie, using pears instead of peaches.

### PEACH MERINGUE PIE

Line a pie plate with pie crust. Place a paper on the inside and fill the pie with rice, or press another pie plate inside, and bake the crust. When baked, remove the paper or plate, and fill the shell half full with a boiled custard cream (see Boiled Custard Cream). Arrange half peaches on top (drained of juice), then cover the fruit with a meringue made from whites of two eggs beaten stiff, and add four tablespoons sugar. Bake in a hot oven until the meringue is browned.

### PEAR MERINGUE PIE

This pie is made same as peach meringue pie, using pears instead of peaches.

NOTE: The pie shell and the custard cream may be made on Saturday, then on Sunday put custard on shell, the fruit on top, and cover with the meringue and bake.

### CHOCOLATE CREAM PIE

Bake a pie shell same as for peach meringue pie, fill with a hot chocolate custard cream (see Boiled Custard Cream). When cold, decorate the top with a vanilla-flavored whipped cream.

### COFFEE CREAM PIE

Prepare same as the chocolate cream pie, using a boiled coffee custard cream.

### VANILLA CREAM PIE

Prepare same as the chocolate cream pie, using a boiled vanilla custard cream.

NOTE: These pies may be prepared on Saturday and finished with whipped cream on Sunday.

## COCONUT CUSTARD PIE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 3 Eggs | = 3 Eggs |
| ½ Cup sugar | = 4 Ounces |
| 2 Teaspoons cornstarch | = 2 Teaspoons |
| 1 Cup shredded coconut | = ½ Pint |

Line a deep pie plate with pie crust, and put in the coconut. Then make a mixture with the eggs, sugar, and cornstarch; add the milk, and strain the mixture. Place the pie in the oven first, then with a cup fill the pie with the mixture, and bake in an oven at a temperature of 350° F. When the custard is done, increase the heat to color the top of the pie.

## VANILLA CUSTARD PIE

Prepare same as coconut pie, using 2 teaspoons of vanilla, 2 eggs, and sugar. Do not put any coconut in the bottom of pie plate.

## COFFEE CUSTARD PIE

Prepare same as vanilla custard pie, using half black coffee and half milk, and 4 eggs instead of 3, and omitting coconut.

## LEMON CUSTARD PIE

Prepare same as coconut custard pie, adding the grated rind of 2 lemons. Bake same as vanilla custard pie.

## ORANGE CUSTARD PIE

Prepare same as coconut custard pie, adding the grated rind of 2 oranges.

NOTE: When these pies are baked and cold, they may be made meringue pies by covering the top of the pie

with a meringue made from the whites of 2 eggs beaten stiff with 4 tablespoons sugar.

## LEMON MERINGUE PIE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups water | = 1 Pint |
| 1 Cup sugar | = 8 Ounces |
| 3 Eggs | = 3 Eggs |
| ½ Cup flour | = 2 Ounces |
| 1 Lemon | = 1 Lemon |
| ¼ Teaspoon salt | = ¼ Teaspoon |

Boil the water, grated lemon rind, salt, and half of the sugar. Beat together the yolks of the eggs, the juice of the lemon, the rest of the sugar, and the flour; add the boiling water slowly, stirring all the time, then return to fire and boil all together, stirring continually. When boiling, remove from fire and add 1 teaspoon butter. Bake a pie shell same as for peach meringue pie, pour the cream into the pie shell and cover with meringue, made from the whites of the eggs and ½ cup sugar. Bake same as peach meringue pie.

## ORANGE MERINGUE PIE

Same as lemon meringue pie, using orange instead of lemon, with a little orange coloring.

## PUMPKIN PIE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup steamed and strained pumpkin | = ½ Pint |
| 1 Cup milk | = ½ Pint |
| ½ Cup sugar | = 4 Ounces |
| 2 Eggs | = 2 Eggs |
| ¼ Teaspoon ginger | = ¼ Teaspoon |
| 1 Tablespoon flour | = ¼ Ounce |
| 1 Teaspoon salt | = 1 Teaspoon |

Beat together pumpkin, salt, ginger, sugar, eggs, and flour. Then mix in the milk, and bake same as coconut pie.

### SQUASH PIE

Same as pumpkin pie, using squash instead of pumpkin.

### MINCE PIE

Make a double crust pie same as for apple pie, filling with mince meat.

### MINCE MEAT

To be prepared for making pies during the holiday season.

| QUANTITY | QUANTITY |
|---|---|
| 1 Pound beef | ¾ Pound citron peel |
| ½ Pound beef suet | ¼ Pound orange peel |
| 6 Pounds apples | ¼ Pound lemon peel |
| 3 Pounds sugar | 1 Pint grape juice |
| ½ Pint molasses | 6 Teaspoons cinnamon |
| 2 Pints apple cider | 2 Teaspoons cloves |
| 2½ Pounds seeded raisins | 2 Teaspoons allspice |
| 2½ Pounds currants | 4 Teaspoons salt |
| | ½ Teaspoon mace |

Boil the beef until tender, drain off the bouillon, remove all the stringy skins from the suet, and pass the meat, suet, and fruit peels through a meat chopper; then add the sugar, raisins, currants, apples peeled and chopped, spices, salt, molasses, apple cider, grape juice, and the bouillon from the beef. Mix all together well, put on the fire and bring to a boil, stirring all the time to prevent burning. When it starts to boil remove from fire, and set aside to cool. When cold, add, if one desires it, ½ pint of brandy. Place the mince meat in crocks for future use.

# COOKIES

## COOKIE DOUGH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup butter | = 4 Ounces |
| ½ Cup powdered sugar | = 4 Ounces |
| 1 Egg | = 1 Egg |
| 2 Cups cake flour | = 8 Ounces |
| 2 Teaspoons vanilla | = 2 Teaspoons |

Work together butter, sugar, and vanilla. Add the eggs and work well, then mix in the flour lightly, just to form a smooth paste, and place in the ice-box over night.

NOTE: When a light cookie is desired, 1 to 2 teaspoons of baking powder may be added.

## ALMOND COOKIES

Roll out cookie dough ¼ inch thick, cut out with a cutter, wash the cookies with egg and dip in chopped almonds. Place on greased baking sheet, and bake in an oven at a temperature of 350° F.

## BUTTER COOKIES

Roll out cookie dough, cut out with a fancy cutter, wash with eggs, and bake in an oven at a temperature of 375° F.

## BROWNIES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup sugar | = 8 Ounces |
| ¼ Cup melted butter | = 2 Ounces |
| 1 Egg | = 1 Egg |
| 1 Tablespoon cocoa | = 1 Tablespoon |
| 1 Teaspoon vanilla | = 1 Teaspoon |
| ½ Cup flour | = 2 Ounces |
| ½ Cup walnut meats | = 1½ Ounces |

Cream together sugar, butter, and cocoa; then add the egg, vanilla, flour, and nuts. Grease a deep 7-inch square pan and dust with flour. Spread the dough evenly in the pan, and bake in an oven at a temperature of 325° F. When baked and before cold, turn out of the pan and cut with a sharp knife.

## COCONUT COOKIES

Roll out cookie dough same as for almond cookies, and dip in shredded coconut instead of almonds

## COCONUT CAKES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup shredded coconut | = 4 Ounces |
| ¾ Cup sugar | = 2 Ounces |
| 2 Teaspoons cornstarch | = 2 Teaspoons |
| 3 Whites of eggs | = 3 Egg whites |

Mix together in a sauce-pan and heat to a boiling point, stirring constantly to prevent burning; then place on a tin dusted with flour to cool. When cold, roll into small round balls, and place on greased pans, and bake in an oven at a temperature of 400° F., until a light brown.

## CURRANT OR SULTANA RAISIN COOKIES

Add to the cookie dough, 1 teaspoon baking powder and ½ cup raisins, and cut and bake same as butter cookies.

## FIG COOKIES

Same as cookie dough, using brown sugar and ½ cup figs chopped fine. Bake same as butter cookies.

## GINGER COOKIES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cake flour | = 8 Ounces |
| ½ Teaspoon salt | = ½ Teaspoon |
| ½ Cup molasses | = ¼ Pint |
| 2 Tablespoons crisco | = 1 Ounce |
| 2 Tablespoons water | = 2 Tablespoons |
| 1 Teaspoon baking soda | = 1 Teaspoon |
| ½ Teaspoon ginger | = ½ Teaspoon |

Mix crisco, salt, ginger, and molasses with a little flour; add the soda dissolved in water, and the rest of the flour, then work all together. Roll out ¼ inch thick, and cut with a plain cutter. Bake on greased pans about one inch apart in an oven at a temperature of 375° F.

## HERMITS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2½ Cups flour | = 10 Ounces |
| ¾ Cup butter | = 6 Ounces |
| 1 Cup brown sugar | = 6 Ounces |
| 2 Eggs | = 2 Eggs |
| ¾ Teaspoon baking soda | = ¾ Teaspoon |
| 1 Tablespoon water | = 1 Tablespoon |
| ½ Teaspoon salt | = ½ Teaspoon |
| 1 Teaspoon cinnamon | = 1 Teaspoon |
| ½ Teaspoon mace, cloves and nutmeg | = ½ Teaspoon |

Work together butter, sugar, and spices; add the eggs; then mix in the soda dissolved in the water, the flour and salt. Roll out ¼ inch thick, and cut with a small

cutter. Place on greased baking sheet, not too close, and put a large raisin in the center of each. Bake in an oven at a temperature of 350° F.

## LEMON COOKIES

Add the grated rind of 2 lemons to the cookie dough, and bake the same as butter cookies.

## ORANGE COOKIES

Add the grated rind of 2 oranges instead of the lemons, and bake the same as lemon cookies.

## OATMEAL COOKIES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup butter | = 4 Ounces |
| 1¼ Cups brown sugar | = 7½ Ounces |
| 1 Teaspoon salt | = 1 Teaspoon |
| 2 Teaspoons baking soda | = 2 Teaspoons |
| ⅓ Cup currants | = 2 Ounces |
| ½ Teaspoon cinnamon | = ½ Teaspoon |
| 1 Yolk of egg | = 1 Egg yolk |
| 2 Cups cake flour | = 8 Ounces |
| 1 Cup rolled oats | = 3 Ounces |
| 3 Tablespoons water | = 3 Tablespoons |

Work together butter, sugar, salt, baking soda, and cinnamon; add the water, egg yolk, rolled oats, flour and currants. Mix well, then roll and cut with a cutter. Bake on greased baking sheets in an oven at a temperature of 375° F.

## SEED COOKIES

Mix into cookie dough two tablespoons caraway seeds. Roll and cut out same as butter cookies, and bake.

## JUMBLES

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup of butter | = 4 Ounces |
| 1 Cup sugar | = 8 Ounces |
| 3 Eggs | = 3 Eggs |
| 2½ Cups cake flour | = 10 Ounces |
| 4 Teaspoons baking powder | = ½ Ounce |

Make a dough same as cookie dough, roll in small balls, and place on greased baking tins, not too close. Press them flat with the palm of the hand, and bake in an oven at a temperature of 350° F.

# PART IV

## CAKES

POUND CAKE, RAISIN CAKE, WALNUT CAKE, OXFORD CAKE, RICHE CAKE, FRUIT CAKE, WEDDING CAKE, LAYER CAKE, CUP CAKE, ETC. SHORT CAKE, SPONGE CAKE, ANGEL CAKE, BUTTER CREAMS, ICINGS AND FONDANTS.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# CAKES

In no department of cookery is a scale of more importance than in fine cake making. The exact amount of ingredients is most important in the success of making good cake. When measuring two cups of flour, you will find, on shaking them down, you have obtained two amounts different from what it would be if scaled. Therefore, it is only by properly scaling the ingredients that you will get the same results in cooking day after day. Your present failure to obtain a good cake is due to the difference in the amount of flour and sugar used each time, rather than to the lack of skill in making cake.

Cake has been the ceremonial food of all ages. Just why, we do not know, but we do know that ancient Italy had its mystical loaf cake, that the bridegroom broke over the head of his newly made bride as a part of the wedding ceremony, and from this derives the wedding cake.

The two main factors in making a good cake are proper amount of ingredients and the right temperature while baking, and both are very simple.

There are three types of cake: first, pound cake, from which mixture are made citron cake, orange cake, raisin cake, maple cake, etc.; second, layer cake, from which mixture all the different layer cakes and cup cakes are made; third, the sponge cakes.

For pound cake, the butter should always be worked to a light cream, then add the sugar, and the eggs, one at a time; add flavor, and work well into the mixture; add the flour last of all. When butter is too hard it should be softened first before starting the creaming.

Cake should not be moved in the oven during the baking, but when necessary it should be done only when it has risen to its full height, and very carefully so that it will not drop. To know just when a cake is done, it may be tested by pressing the surface with the tip of the finger. If the cake feels firm to the touch, and follows finger back into place without leaving a mark, then it is time to remove it from the oven.

Fruits should always be dusted with a part of the flour before mixing; this is to prevent them from sinking to the bottom of the cake during baking.

## PLAIN POUND CAKE (YELLOW CAKE)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup of butter | = 8 Ounces |
| 1¼ Cups powdered sugar | = 8 Ounces |
| 2 Cups bread flour | = 8 Ounces |
| 5 Eggs | = 5 Eggs |

Work together butter and sugar, until very light and creamy; then add the eggs one at a time, and lastly the flour well sifted. Fill paper-lined mould about half full, and bake in an oven at a temperature of 300° F. for a large cake, and 325° F. for one-pound size.

NOTE: When the cake cracks on top during baking, this is caused by a too strong flour. In that case use half cake flour and half bread flour.

### COFFEE POUND CAKE

Cream with the butter and sugar of pound cake 2 tablespoons of Washington or any other pulverized coffee.

### COCONUT POUND CAKE

Add to the pound cake mixture ½ cup of shredded coconut.

### MAPLE POUND CAKE

Use ¼ maple sugar, ¼ brown sugar and half powdered sugar instead of all powdered sugar.

### LEMON POUND CAKE

Add the grated rind of 1 or 2 lemons to plain pound cake mixture.

### ORANGE POUND CAKE

Add the grated rind of 1 or 2 oranges to plain pound cake mixture.

### VANILLA POUND CAKE

Add 2 teaspoons vanilla extract to plain pound cake mixture.

### RAISIN POUND CAKE

Add 1 cup of seeded or muscat raisins to plain pound cake mixture.

### WALNUT POUND CAKE

Add ½ cup of chopped walnut meats to plain pound cake mixture.

### OXFORD CAKE

Add ¼ cup chopped candied cherries and ¼ cup pecan nuts to plain pound cake mixture.

### RICHE CAKE

Make a pound cake with brown sugar. Add ¼ cup Malaga raisins, ¼ cup chopped candied cherries and pineapple, and ½ teaspoon cinnamon.

### LIGHT FRUIT CAKE

Add ¼ cup sultana raisins, ¼ cup currant raisins, ¼ cup chopped orange and lemon peel, ¼ cup walnut meats, the grated rind of a lemon, and ¼ cup of candied cherries to the plain pound cake mixture. Bake in an oven at a temperature of 290° F.

### WEDDING CAKE (DARK FRUIT CAKE)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup butter | = 8 Ounces |
| 1¼ Cups powdered sugar | = 8 Ounces |
| 2 Cups bread flour | = 8 Ounces |
| 5 Eggs | = 5 Eggs |
| 1 Cup brandy and 1 cup apple cider, or | = 1 Pint |
| 1 Cup rum | = ½ Pint |
| 3 Cups sultana raisins | = 1 Pound |
| 6 Cups seedless muscat raisins | = 2 Pounds |
| ½ Cup chopped citron peel | = 4 Ounces |
| ½ Cup chopped orange peel | = 4 Ounces |
| 1 Cup chopped walnut meats | = 5 Ounces |
| 1 Cup dark molasses | = ½ Pint |
| 1 Teaspoon allspice | = 1 Teaspoon |
| 1 Teaspoon cinnamon | = 1 Teaspoon |
| 1 Teaspoon salt | = 1 Teaspoon |
| ¼ Teaspoon mace | = ¼ Teaspoon |

Mix together all fruits and spices, add rum or brandy and cider, then molasses, and nuts, and mix well together.

Now prepare a pound cake mixture from the first four ingredients; pour in the fruit mixture, mix this very thoroughly and fill a paper-lined mould three-quarters full. Bake in an oven at a temperature of 275° F.

## DUNDEE CAKE

Add ½ cup of sultana raisins, ¼ cup chopped orange peel, ¼ cup chopped lemon peel, ¼ cup candied cherries to plain pound cake mixture. Fill a paper-lined mould three-quarters full, and arrange split almonds on top. Bake in an oven at a temperature of 290° F.

## BRIDE CAKE

Same directions as for plain pound cake, using the whites of 8 eggs instead of the 5 whole eggs, adding the whites one at a time.

## LAYER CAKE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup butter | = 4 Ounces |
| 1 Cup powdered sugar | = 6 Ounces |
| 2 Eggs | = 2 Eggs |
| ⅔ Cup milk | = 2¾ Ounces |
| 2 Cups cake flour | = 8 Ounces |
| 3 Teaspoons baking powder | = 3 Teaspoons |
| 1 Teaspoon vanilla extract | = 1 Teaspoon |

Cream together butter, sugar, and vanilla; add eggs one at a time; add half of the milk, and half of the flour sifted with baking powder. Mix in the rest of the milk and the rest of the flour. Bake in two greased deep layer cake tins in an oven at a temperature of 350° F.

### CHOCOLATE LAYER CAKE

Take two baked layers, and place together with chocolate fudge icing, then ice all over with the same icing.

### LEMON LAYER CAKE

Prepare same as chocolate layer cake, using lemon icing instead of chocolate fudge.

### ORANGE LAYER CAKE

Prepare same as chocolate layer cake, using orange icing instead of chocolate fudge.

### COFFEE LAYER CAKE

Prepare same as chocolate layer cake, using coffee icing instead of chocolate fudge.

### VANILLA LAYER CAKE

Prepare same as chocolate layer cake, using vanilla icing instead of chocolate fudge.

### WASHINGTON LAYER CAKE

Place two layers together with raspberry jam between, and dust the top with powdered sugar.

### STRAWBERRY LAYER CAKE

Place two layers together with strawberry jam between, and dust the top with powdered sugar.

NOTE: These cakes are very good when filled with flavored icing and iced on top instead of dusted with powdered sugar.

## BLUEBERRY CAKE

Add 1 cup of nice firm blueberries to layer cake mixture, mix in lightly so as not to break the berries, and bake in a square pan. When baked, dust with powdered sugar.

NOTE: For cup cakes, this mixture may be baked in muffin tins. Sprinkle with a few berries on top before baking.

## CUP CAKES

Bake a layer cake mixture in greased muffin cups, and ice with different colored and flavored icings.

NOTE: Raisins, dates, figs, or nuts may be added to the mixture before baking.

## BIRTHDAY CAKE DECORATION

Usually pound cake is used for this cake, but any cake may be used, such as layer cake, sponge cake, or angel cake.

The cake should always be iced in white, with the lettering, border, and edges decorated in pink. The candles are usually pink, but often vary, according to the fancy of the individual.

## WEDDING CAKE DECORATION

A wedding cake should be iced and decorated in white, and no colors whatever should be used. A wedding cake of medium size should be baked in two tiers or more.

## GINGER CAKE (BREAD)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup butter | = 4 Ounces |
| 1 Cup molasses | = ½ Pint |
| ½ Cup sour milk | = ¼ Pint |
| 2 Teaspoons baking soda | = 2 Teaspoons |
| 1 Egg | = 1 Egg |
| 2 Cups cake flour | = 8 Ounces |
| 1½ Teaspoons ginger | = 1½ Teaspoons |
| ½ Teaspoon salt | = ½ Teaspoon |

Put in a sauce-pan butter and molasses, and heat until boiling point is reached. Remove from fire, add soda, and beat well together; add the milk and egg well beaten, and the rest of the ingredients, and mix well together. Fill a deep greased tin three-quarters full, and bake in an oven at a temperature of 350° F.

When baked it may be served with whipped cream, or may be iced with chocolate icing. It can also be made in layers, by placing two layers together, with a chocolate icing or with whipped cream.

## DEVIL'S FOOD CAKE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¼ Cup butter | = 2 Ounces |
| 1 Cup powdered sugar | = 6 Ounces |
| ½ Box cocoa powder | = 2 Ounces |
| ½ Cup milk | = ¼ Pint |
| 2½ Cups flour | = 10 Ounces |
| 2 Eggs | = 2 Eggs |
| ½ Teaspoon salt | = ½ Teaspoon |
| ½ Teaspoon vanilla | = ½ Teaspoon |
| 2¾ Teaspoons baking powder | = ⅓ Ounce |

Cream butter, vanilla, and half of the sugar; add the yolks of the eggs one at a time; add the milk, then mix in

the flour, cocoa, the rest of the sugar, salt, and baking powder sifted together; then add the whites of the eggs beaten stiff. Bake in greased layer tins in an oven at a temperature of 350° F. When baked and cold, place two layers together with chocolate icing and ice with the same icing, or fill and top with marshmallow.

## SHORTCAKE

### OLD-FASHIONED STRAWBERRY SHORTCAKE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cake flour | = 8 Ounces |
| ½ Teaspoon salt | = ½ Teaspoon |
| 2 Tablespoons sugar | = 1 Ounce |
| 4 Teaspoons baking powder | = ½ Ounce |
| 4 Tablespoons butter | = 2 Ounces |
| 1 Egg | = 1 Egg |
| ½ Cup milk | = ¼ Pint |

Sift the dry ingredients together, and rub well together with the butter, then add the egg, well beaten, then the milk, and work lightly, just enough to make a smooth dough. Roll out lightly, place in a deep layer cake tin that has been greased, and bake in an oven at a temperature of 375° F. When baked, split and spread with butter, then put sweetened crushed strawberries between the layers, and add strawberries all over, and serve.

For small cake, bake same as tea biscuits, and treat same as the large one.

### STRAWBERRY ROYAL SHORTCAKE

Bake two layers of sponge cake. When cold, spread on one layer a boiled custard cream half an inch thick,

add ripe strawberries sweetened with a little sugar, place on top another layer of sponge cake, dust the top with powdered sugar, or decorate with whipped cream and strawberries.

### (CAKE) STRAWBERRY SHORTCAKE

This cake is made with layer cake or sponge cake.

Bake two layer cakes, and when cold put some whipped cream on one of the layers, and arrange nice ripe berries on top. Place the other layer over the berries and decorate the top layer with whipped cream and strawberries.

### BANANA SHORTCAKE

Same as (cake) strawberry shortcake, using sliced bananas instead of strawberries.

### BANANA ROYAL CAKE

Same as the Strawberry Royal Short Cake, using bananas instead of strawberries.

### RASPBERRY SHORTCAKE

Same as the strawberry shortcake, using raspberries instead of strawberries.

### PEACH SHORTCAKE

Same as the banana shortcake, using sliced peaches instead of bananas.

### PEAR SHORTCAKE

Same as the banana shortcake, using sliced pears instead of bananas.

# SPONGE CAKE

## LEMON SPONGE CAKE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Eggs | = 3 Eggs |
| ½ Cup sugar | = 4 Ounces |
| 1 Cup bread flour | = 4 Ounces |
| 1 Grated rind of lemon | = 1 Rind |

Break the eggs in a kettle or large sauce-pan, add the sugar, and place the pan in hot water. Beat the eggs with a whip until light, thick, creamy, and warm, then remove from the hot water and keep on beating until cold. Mix in lightly the flour and lemon. Bake in greased and flour-dusted cake pans, in an oven at a temperature of 325° F.

## BAKING POWDER SPONGE CAKE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Eggs | = 3 Eggs |
| ½ Cup sugar | = 4 Ounces |
| 1¼ Cups flour | = 5 Ounces |
| 2 Teaspoons vanilla | = 2 Teaspoons |
| 1 Teaspoon baking powder | = 1 Teaspoon |
| ¼ Teaspoon salt | = ¼ Teaspoon |

Beat egg yolks with half of the sugar and vanilla until thick. Beat the whites of the eggs with the rest of the sugar until stiff, add salt; add half of the whites to the yolks, and mix in the flour and baking powder sifted together; then fold in the rest of the whites. Bake same as lemon sponge.

## BOSTON CREAM CAKE (PIE)

This is mostly referred to as a pie, but really is a cake. Bake a sponge cake in two layer tins, place the two

layers together when cold, with a thick layer of boiled custard cream between. Dust the top with powdered sugar.

### LEMON ANGEL CAKE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup sugar | = 4 Ounces |
| ¾ Teaspoon cream of tartar | = ¾ Teaspoon |
| 4 Whites of eggs | = 4 Egg whites |
| ½ Cup bread flour | = 2 Ounces |
| ½ Grated rind of lemon | = ½ Rind |

Beat whites of eggs until light and stiff, add the sugar gradually to form a meringue. Stop beating and fold in the flour and cream of tartar sifted together, add lemon, and turn into ungreased angel cake tin, and bake in an oven at a temperature of 325° F. When baked, turn over on an icing frame to cool. When cold, remove from the form and ice all over with a lemon icing.

### ORANGE ANGEL CAKE

Same as lemon angel cake, using orange rind instead of lemon, and icing with an orange icing.

## BUTTER CREAMS (MOCHA CREAMS)

These creams are mostly used for fillings, cake decorating, and pastries.

### VANILLA BUTTER CREAM

Prepare one cup of vanilla boiled custard cream. When cold, work with a whip until very creamy and light one pound of sweet butter, and half a cup of confectioner's sugar; add the cream, one spoonful at a time, beating each

time very thoroughly. When all the cream is added, then add two teaspoons of vanilla. It is now ready for fillings and toppings, as well as for decorating.

NOTE: The cream may be made any color or flavor desired.

### CHOCOLATE BUTTER CREAM

Use a chocolate boiled custard cream, with the addition of a teaspoon of melted bitter chocolate.

### MOCHA BUTTER CREAM

Use a coffee boiled custard cream, with a little coffee extract.

### MOCHA CAKE

Bake two layers of sponge cake. When cold, place them together with a coffee butter cream between; mask the sides and the top layer with the same cream, and cover the sides with crushed macaroons. Decorate the top with the cream pressed through a star tube.

### CHOCOLATE BUTTER CREAM CAKE

Use a sponge cake, or two layers of devil's food cake. Finish same as the mocha cake. Chocolate shots may be used instead of the macaroons.

Many cakes of different flavors, shapes, and colors may be made from layers of cake, with assorted creams, satisfying to the individual taste.

## ICINGS AND FONDANTS

Generally speaking, fondants are boiled icings, which are worked to a cream when cold or partly cold, and are flavored and colored when ready to be used. They are

mostly used by the French chefs for icing cakes, pastries, petits-fours and bonbons.

While icings are used in bakeries more than in the household, cream icings are coming more and more into general use during the present time.

There is nothing difficult in the making of fondants and icings.

## CREAM ICING

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup crisco | = 4 Ounces |
| 2 Cups confectioner's sugar | = 12 Ounces |
| 2 Teaspoons gelatine | = 2 Teaspoons |
| ¼ Cup milk | = 2 Ounces |
| 1 Teaspoon salt | = 1 Teaspoon |

Cream the crisco with half a cup of sugar, add the gelatine dissolved in the milk, and beat briskly; then add the rest of the sugar and beat until light and creamy. For a coffee flavor use black coffee instead of the milk.

For a chocolate flavor add to the hot milk one tablespoon cocoa and two tablespoons water.

For a vanilla flavor add two teaspoons vanilla.

For a lemon flavor add the grated rind of one lemon and lemon coloring.

For an orange flavor add the grated rind of one orange and orange coloring.

For butterscotch icing add half brown sugar and half confectioner's sugar.

## FUDGE ICING

Fudge icing may be made from fondant by beating one pound lukewarm fondant with two tablespoons butter, beating until light and creamy.

Vanilla, chocolate, coffee or any other flavor may be made.

## FONDANT

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2½ Cups sugar | = 1¼ Pounds |
| 1 Cup water | = ½ Pint |
| ⅛ Teaspoon cream of tartar | = ⅛ Teaspoon |

Put sugar, water, and cream of tartar in a stew-pan heat to a boiling point, stirring from time to time until all the sugar is melted. When boiling, wash the sides of the pan with a pastry brush, first dipped in cold water. This is to be done from time to time. Boil the sugar, without stirring, until it reaches a temperature of 239° F., or until a soft ball may be formed that will keep its shape.

Drop a little of the boiling syrup into some cold water, and roll the sugar with the fingers. If a soft ball forms, then the syrup is ready. However, it is only by using a thermometer that satisfactory results will be obtained each time. When the sugar is ready, pour it into a flat pan slightly wet with water, and sprinkle a little water, on top of the sugar. Let stand until lukewarm, then stir the sugar round and round with a wooden spatula or spoon until it is white and creamy. Cover the sugar with a wet towel.

When to be used for icing cakes, warm the fondant in a double boiler, or in a pan with hot water. Fondant should be lukewarm for icing cakes. Any flavor or coloring may be added.

## BOILED ICING

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup sugar | = 8 Ounces |
| ½ Cup water | = ¼ Pint |
| 1 White of egg | = 1 Egg white |

Boil sugar and water until the syrup spins a thread, or until it reaches a temperature of 225° F. Pour the syrup

very slowly over stiffly beaten egg white, and beat until smooth and cold. Any flavor may be added.

## MARSHMALLOW ICING

Prepare a boiled icing. When the syrup and the white of egg are beaten together, add two teaspoons of gelatine dissolved in two tablespoons of hot water, and beat all together until cold.

## MARSHMALLOW CREAM ICING

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2¼ Cups sugar | = 1 Pound 2 ounces |
| 1½ Cups water | = ¾ Pint |
| 2 Whites of egg | = 2 Egg whites |
| 2 Teaspoons vanilla | = 2 Teaspoons |
| 3 Teaspoons gelatine | = 3 Teaspoons |

Soak gelatine in ¼ cup water. Place remainder of water and sugar on fire and boil as for marshmallow icing; add soaked gelatine and let stand until partially cooked, then add flavoring, and beat until mixture is white and sticky. Whip the egg whites until stiff and mix with the marshmallow cream. Whip up with a fork before using for filling, or topping of cakes.

## PLAIN ICING

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 6 Cups confectioner's sugar | = 2 Pounds 4 ounces |
| ½ Cup water | = ¼ Pint |
| 1 White of egg | = 1 Egg white |

Mix together sugar, water, and white of egg until well mixed and smooth. Make the icing lukewarm before using for icing cakes.

Any flavors or colors may be made in this icing.

## FRESH STRAWBERRY ICING

Crush one-quarter cup of strawberries with a little confectioner's sugar, and let stand until juicy; then mix in gradually three cups of confectioner's sugar. Spread between layers as a filler, and on top as topping, or use to ice cup cakes.

## MAPLE ICING

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Tablespoons hot milk | = 1 Ounce |
| 1 Cup confectioner's sugar | = 6 Ounces |
| ½ Cup brown sugar | = 3 Ounces |
| 2 Teaspoons butter | = 2 Teaspoons |

Add the brown sugar to the milk, then add the butter, melted. Add the confectioner's sugar slowly, and mix well, then spread on cake.

## ROYAL ICING

Royal icing is a hard icing which is used mostly for decorating purposes, and for icing wedding and birthday cakes. It is made as follows:

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 White of large egg | = 1 Egg white |
| 2¾ Cups confectioner's sugar | = 1 Pound |
| ½ Teaspoon lemon juice | = ½ Teaspoon |

Place in a clean bowl the white of egg, and add three-quarters of a cup of sugar. Beat with a silver fork until white, then add the lemon juice, and gradually the rest of the sugar, beating constantly. When all the sugar is added, beat for one minute. When ready, the icing should stand up to a point. Test by slightly touching finger on

top of the icing, and then pulling it away. The icing should stand up to a point without falling over. If the icing is too stiff, a little more lemon juice may be added. When ready cover with a damp cloth and keep in a cool place for further use. Any coloring desired may be added.

# PART V

## BREAD AND BREAD MAKING

Bread Loaves, Rolls, Tea Rolls, Sweet Doughs, Buns, Coffee Rings, Apple Cakes, Saxon Cakes, Gugelhupf, etc. Quickly Made Buns, and Yeast Fruit Cake.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

## BREAD AND BREAD MAKING

Bread was first made unleavened; the grain of the wheat was crushed to a powder form, then moistened and worked into a dough, which was rolled or flattened very thin, and cut into various shapes and baked, thus forming a brittle biscuit or cracker.

In the making of bread, water or milk may be used, or half and half.

Bread was made long before the Christian era. It is the staff of life and is the most important article of food. Considering its great value as food, it is an error to find poorly made bread on the table. The baker of to-day can produce a perfect loaf of bread, and baking is an art.

The commercial bakery to-day is a clean, sanitary, well-lighted shop.

The American Institute of Baking safeguards the housekeeper in her transactions with the baker, and its research department is open for use by the housekeeper as well as the baker at all times.

The making of bread is a deep study, and I could drift into a very long story on the subject.

In buying flour, whether bread or cake flour, always select the best grade handled by the grocer.

### THE FUNCTIONS OF BREAD INGREDIENTS

The functions of bread ingredients are as follows:

Flour, which is the main constituent, is the foundation of bread and rolls.

Water determines the consistency of the dough, makes possible the formation of gluten, dissolves the salts and makes bread palatable, wets and swells the starch, making it more digestible.

Milk gives food value, supplies vitamins, improves flavor and keeping qualities, and tightens the dough.

Butter, or shortening, produces a soft, velvety crumb, a finer texture and a more tender crust, and also gives better color to the crust.

Yeast raises the dough, develops flavor, and supplies vitamins.

Sugar aids food value, gives color to the crust, and sweetens the bread.

Salt whitens the crumb, retards fermentation, develops bread aroma, and accentuates the taste.

## BOSTON BROWN BREAD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¾ Cup rye meal | = 4 Ounces |
| ⅝ Cup yellow corn meal | = 4 Ounces |
| 1¼ Cups graham flour | = 4 Ounces |
| 1 Cup bread flour | = 4 Ounces |
| 2 Cups milk | = 1 Pint |
| ½ Cup molasses | = ¼ Pint |
| 1 Teaspoon salt | = 1 Teaspoon |
| 2½ Teaspoons soda | = 2½ Teaspoons |

Mix together all dry ingredients, add molasses, and the milk, and mix well until thoroughly blended. Pour into buttered mould until about two-thirds full. Cover tightly.

Place mould on a trivet, or the cover of a can with holes pierced through will do. Put water in a kettle allowing it to come three-quarters of the way around mould. Cover closely, and steam for three hours, adding water from time to time as needed.

### RAISIN BOSTON BROWN BREAD

Add to the mixture one cup of raisins.

### CORN BREAD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1½ Cups yellow corn meal | = 8 Ounces |
| 2 Cups bread flour | = 8 Ounces |
| 1 Cup milk | = ½ Pint |
| ¼ Cup melted butter | = 2 Ounces |
| 2½ Teaspoons salt | = ½ Ounce |
| 3 Eggs | = 3 Eggs |
| 4 Teaspoons baking powder | = ½ Ounce |
| ¼ Cup powdered sugar | = 2 Ounces |

Beat together eggs, salt, and sugar; add the milk, then the flour and corn meal sifted together with the baking powder. Mix thoroughly, and then add the butter. Fill in deep cake pans, well buttered, and bake in an oven at a temperature of 450° F.

### ENTIRE WHEAT BREAD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups warm milk | = 1 Pint |
| 2 Tablespoons sugar | = 1 Ounce |
| 2 Tablespoons molasses | = 1½ Ounces |
| 2½ Teaspoons salt | = ½ Ounce |
| 1 Yeast cake | = 1 Yeast cake |
| 4⅔ Cups entire wheat flour | = 1 Pound, 3 ounces |

Treat same as milk bread. It should be only half-raised the second time, and when in the pan three-fourths raised. Bake in an oven at a temperature of 350° F.

One-half entire wheat flour and one-half white flour may be used.

## FIG BREAD (OR LOAF)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4¼ Cups bread flour | = 1 Pound, 2 ounces |
| ½ Cup butter | = 4 Ounces |
| 1 Cup sugar | = 8 Ounces |
| 3 Eggs | = 3 Eggs |
| 1 Cup milk | = ½ Pint |
| 1 Teaspoon salt | = 1 Teaspoon |
| ½ Cup chopped walnuts | = 2 Ounces |
| 4 Teaspoons baking powder | = ½ Ounce |
| 1 Teaspoon cinnamon | = 1 Teaspoon |
| ½ Pound chopped figs | = 8 Ounces |

Cream sugar, butter, salt, and cinnamon, add the eggs one at a time, then the milk. Mix in the flour and baking powder sifted together, add the nuts and figs and mix until smooth. Fill paper-lined moulds and bake in an oven at a temperature of 340° F.

## FIG BREAD

Add two cups of figs cut in small pieces to the milk bread dough.

## PRUNE BREAD

Cut one cup of prunes in pieces, and add to the milk bread dough.

## FRENCH BREAD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups warm water | = 1 Pint |
| 1 Yeast cake | = 1 Yeast cake |
| 2½ Teaspoons salt | = 2½ Teaspoons |
| 6½ Cups flour | = 1 Pound, 10 ounces |

Dissolve the yeast in half of the water, and add two cups of the flour. Make a sponge and let raise. When fully

raised, add the salt dissolved in the rest of the water and knead with the rest of the flour. Treat same as milk bread. Let raise once then shape in long loaves, place in a baking tin with the seam on the bottom, then cover with a towel and let raise. When raised, take a very sharp knife (or razor blade) and cut three small long gashes across the loaf with a swift stroke, to sever the crust, then place quickly in a hot oven (450° F.). When half baked, wash with milk and finish baking.

### GRAHAM BREAD

Same as entire wheat bread, using 2½ cups graham flour and 3 cups white flour.

### BRAN BREAD

Same as entire wheat bread, using half bread flour and half bran flour.

### MILK BREAD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups warm milk | = 1 Pint |
| 1½ Tablespoons butter | = ¾ Ounce |
| 1½ Tablespoons sugar | = ¾ Ounce |
| 2½ Teaspoons salt | = ½ Ounce |
| 1 Yeast cake | = 1 Yeast cake |
| 6½ Cups flour | = 1 Pound, 10 ounces |

Put butter, sugar, and salt in a bowl and mix well. Add one cup of the milk, and one-quarter of the flour, and mix well, then add the yeast dissolved with the rest of the milk and mix thoroughly. Add the rest of the flour, and knead until smooth and elastic to touch. When the dough is thoroughly kneaded, it will not stick to your hand. Cover with a cloth, let raise in a temperature of

75° to 80° F., until it has doubled in bulk. When raised punch down, and let raise a second time, then toss on a board slightly floured, shape into loaves, place in greased pans. Cover with a cloth and let raise. When raised to double its bulk, bake in an oven at a temperature of 400° to 425° F.

To obtain a nice loaf, wash the top very lightly with milk (using a pastry brush) just before putting the loaf into the oven.

## NUT BREAD (LOAF)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¼ Cup sugar | = 2 Ounces |
| ½ Cup molasses | = ¼ Pint |
| ½ Cup butter | = 4 Ounces |
| 1½ Cups milk | = ¾ Pint |
| ½ Cup water | = ¼ Pint |
| 7 Cups bread flour | = 1 Pound, 12 ounces |
| 1 Pound chopped walnut meats | = 1 Pound |
| 1 Teaspoon cinnamon | = 1 Teaspoon |
| 2 Teaspoons baking powder | = ¼ Ounce |
| 3 Teaspoons baking soda | = ¾ Ounce |
| 1 Teaspoon salt | = 1 Teaspoon |

Mix together sugar, molasses, butter, cinnamon and salt and rub well, then add soda dissolved in water, and the milk, stirring all together. Add the flour and baking powder sifted together, and mix well until smooth. Add the walnut meats, fill buttered and flour-dusted pans and bake in an oven at a temperature of 350° F.

## RAISIN BREAD

Add two cups of raisins to the milk bread dough.

### NUT BREAD

Add one cup of chopped walnut meats to the milk bread dough.

### RYE BREAD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups warm water | = 1 Pint |
| 2 Tablespoons butter | = 1 Ounce |
| 4 Tablespoons brown sugar | = 1½ Ounces |
| 2½ Teaspoons salt | = ½ Ounce |
| ½ Yeast cake | = ½ Yeast cake |
| 3 Cups of bread flour | = 12 Ounces |
| Rye meal to make a stiff dough | |

Dissolve yeast in one cup water, add two and a half cups of flour to make a soft dough; let raise. When ready, add salt, sugar, and butter with the rest of the water and flour, and mix well. Then add rye meal until dough is stiff enough to knead; knead thoroughly. Let raise once, then shape in loaves, place in bread pans and let raise again. Bake in an oven at a temperature of 350° F. Wash the loaves with milk before baking.

## ROLLS, BUNS, ETC.

### TEA ROLLS (OR TURNOVER ROLLS)

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups warm milk | = 1 Pint |
| ¼ Cup butter | = 2 Ounces |
| 2 Tablespoons sugar | = 1 Ounce |
| 2½ Teaspoons salt | = ½ Ounce |
| 1 Yeast cake | = 1 Yeast cake |
| 6 Cups bread flour | = 1½ Pounds |

Treat same as milk bread. When the dough is raised twice, divide it into pieces of one ounce each. Roll them

round, set on a flour-dusted towel, and let raise for a while; then place two of them in front of you side by side, and roll out in the center with one stroke of the rolling pin (use a piece of broomstick for a rolling pin, to do this). Wash the top with melted butter, then fold one end of the roll on top of the other (the buttered side in). Place on baking tins side by side so that they touch each other, and let raise to twice their size. Bake in an oven at a temperature of 450° F., and wash with butter while hot.

### PARKER HOUSE ROLLS

Treat same as tea rolls using sweet dough.

### PAN ROLLS

Take the tea roll dough, divide into pieces of three-quarters of an ounce each, roll up and place not too close together, to raise. Bake in an oven at a temperature of 450° F. When baked, wash the rolls while hot with a little milk, using a pastry brush.

### SNOW FLAKE ROLLS

Take the tea roll dough and roll out to about five-eighths of an inch in thickness. Dust well with flour and cut out with a biscuit cutter; place on greased pans and allow to raise until twice their size, then bake in an oven at a temperature of 450° F.

### VIENNA ROLLS

Divide a bread dough into one-ounce pieces, roll out into round shapes and let stand for a few minutes, then

mould into shapes like Vienna bread. Place on slightly greased pans, and let raise. When ready wash the top with milk, cut two sharp gashes across each roll with a razor blade, and bake in an oven at a temperature of 450° F.

### BREAD STICKS

Make a French bread dough, and when raised and ready, roll out into long and very thin sticks. Place on pans to let raise, and when ready, wash with egg and bake in an oven at a temperature of 450° F.

### SWEET DOUGH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups milk | = 1 Pint |
| 3 Yeast cakes | = 3 Yeast cakes |
| 1½ Teaspoons salt | = 1½ Teaspoons |
| ½ Cup butter | = 4 Ounces |
| ⅔ Cup sugar | = 2¾ Ounces |
| 2 Eggs | = 2 Eggs |
| 7 Cups bread flour | = 1¾ Pounds |

Make a dough same as for milk bread.

### CRAMIQUE

This is a Belgian raisin bread and it is made from sweet dough, adding one cup raisins and one-third of a cup more butter.

### BUTTER BUNS (DE BRUGE)

Take half of the sweet dough and roll out about half an inch thick. Cut into squares, and place on pans not too close. Let raise, wash with eggs, and bake in an oven at a temperature of 375° F.

## CINNAMON BUNS

Roll out a long piece of sweet dough that is ready for use to about eight inches wide, and one-third of an inch thick, wash over with butter and sprinkle cinnamon sugar on top; then fold over in three folds, and cut into strips. Place them on a greased pan close together, and let raise. When ready, sprinkle granulated sugar on top and bake in an oven at a temperature of 375° F.

## CINNAMON SUGAR

Rub well together one cup of granulated sugar and one teaspoon cinnamon.

## HOT CROSS BUNS

Add to the sweet dough one-quarter cup butter, one egg, half a cup of flour, and one cup of raisins. Let raise twice. When ready, roll into small rolls and place on baking pans, not too close together. When half raised, cut a cross over each bun with a sharp knife, and finish raising. Bake in an oven at a temperature of 375° F. When baked, dust with powdered sugar.

## PLAIN SWEET BUNS

Take the sweet dough, roll into small round pieces of one ounce each, place on well greased pans so that they nearly touch each other, let fully raise. Bake in an oven at a temperature of 375° F. As soon as baked, brush over with a solution of sugar and water; made from one-quarter cup boiling water and one-half cup sugar.

### COFFEE RINGS

Take one pound of the sweet dough divided in three parts, and roll into balls. Let raise ten minutes; then roll into long strips of equal length, and form into a braid, bringing the two ends carefully together to form a ring. Place in a pie plate lightly greased, let raise to twice the original size, wash with an egg wash, and sprinkle chopped almonds on top. Bake in an oven at a temperature of 375° F.

### APPLE CAKE

Roll a piece of sweet dough square, place on a buttered pan and set to raise. When half raised, place sliced apples on top, arranged so that one slice overlaps another, and sprinkle currants, raisins, sugar and a little cinnamon on top; let finish raising. When ready, bake in an oven at a temperature of 375° F. When baked and cold, sprinkle powdered sugar on top.

### PEACH CAKE

Prepare same as apple cake, using sliced peaches instead of apples. Sprinkle plain sugar on top.

### PEAR CAKE

Prepare same as peach cake, using pears instead of peaches.

### PLUM CAKE

Prepare same as peach cake, using half plums instead of peaches.

### BLUEBERRY CAKE

Prepare same as apple cake, using blueberries instead of apples. Place blueberries on top and sprinkle with sugar and a little cinnamon.

### GERMAN COFFEE CAKE

Roll out a piece of sweet dough same as for apple cake, wash the top with melted butter and sprinkle on top a streusel, made by rubbing to a powder one-half cup of flour, one-quarter cup of sugar, and one-quarter cup of butter. Let raise, and when twice its size, bake in an oven at a temperature of 375° F.

### RAISIN COFFEE CAKE

Prepare a sweet dough with raisins, roll out, but shape in round layer cake tins. When baked, ice with a lemon icing, rather thin, and sprinkle a few raisins on top.

### SAXON CAKE

Add to one-quarter of the sweet dough, one-quarter cup seeded muscat raisins, one-quarter cup currants, one-quarter cup fine chopped citron peel, let raise twice; then mould into a round loaf, and let raise fifteen minutes; then press down in the center (over half way through) with a rolling pin, by giving the roll a half turn. Now lap one part over the other, pressing together slightly with the palm of the hand. Place on a buttered baking tin in crescent shape, with split on the outside. Let raise to twice the original size, and bake in an oven at a temperature of 375° F. When baked, dust with sugar.

## GUGELHUPF

Prepare the same dough as for Saxon cake, adding a few almonds. Shape the dough in buttered angel cake moulds, or turk heads, and let raise to twice its size. Bake in an oven at a temperature of 375° F. When baked turn out of mould.

## QUICKLY MADE CINNAMON BUNS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2½ Cups flour | = 10 Ounces |
| 3 Tablespoons butter | = 1½ Ounces |
| 1 Egg | = 1 Egg |
| 1 Cup milk | = ½ Pint |
| 1 Teaspoon salt | = 1 Teaspoon |
| 4 Teaspoons baking powder | = ½ Ounce |
| ½ Cup powdered sugar | = 3 Ounces |
| 1 Teaspoon cinnamon | = 1 Teaspoon |
| 1 Cup seeded raisins | = ½ Pint |

Sift half of the sugar with flour, salt, and baking powder; rub in the butter very lightly, add the egg and milk slowly, and make a smooth dough. Roll out one-quarter of an inch thick on floured board, brush with melted butter, sprinkle with rest of sugar, cinnamon, and raisins, and roll up into a roll. Cut this roll into two-inch pieces, and place with cut edges upon a buttered pan. Bake in an oven at a temperature of 400° F. When baked, remove from pan and serve.

## ATLANTIC CITY BUNS

Prepare dough same as for cinnamon buns. Butter rather heavily a deep layer cake tin, sprinkle a heavy coating of brown sugar on top of dough. Place cinnamon buns in the tin close together, and bake in a hot oven.

See that the sugar is melted to a brown color. When baked turn the buns out while hot.

Apple cake, peach cake, pear cake, and blueberry cake may be made from the quickly made bun dough.

### YEAST FRUIT CAKE

Add to the sweet dough when it has raised twice, four pounds raisins, one pound walnut meats, one-half pound chopped citron peel, one-quarter pound chopped orange peel, one-quarter pound chopped lemon peel, one cup dark molasses, and work all together until smooth; add one teaspoon baking soda dissolved in a little water and mix thoroughly. Put in paper lined moulds, and bake in an oven at a temperature of 350° F.

# PART VI

## SOUPS AND MEATS

SOUPS, BOUILLON, CONSOMMÉ, MEATS, BEEF, VEAL, LAMB, MUTTON, PORK, ETC.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# SOUPS

Good soups may be made with very little expense. Making soups is easier than it appears. The young housekeeper will be startled at the amazingly good results obtained by following the proper directions. Most of the soups are made from soup stock, and these often confuse a young housekeeper. Soup stock is the liquid in which bones, meat and vegetables have been boiled. This is strained, quickly cooled and all fat removed. A great variety of soups are made from the stock.

Cream soups are made from a cream sauce foundation, by adding the strained pulp of vegetables or fish.

When buying meat, have all bones that are removed from roasts and other cuts of meat sent home. These are very useful in making stock for soups. When buying meat for soup stock, get a marrow bone. The marrow is very nourishing. When meat is boiled, the process draws out some valuable food and flavoring materials. Save such water for soups, or for use in stews, or gravies, or again in cooking vegetables. Every spoonful of gravy left over may be added to soups or sauces.

## BROWN SOUP STOCK

| QUANTITY | QUANTITY |
|---|---|
| 3 Pounds shin of beef | 1 Sprig thyme |
| 4 Quarts cold water | 1 Sprig parsley |
| ¼ Bay leaf | ½ Carrot |
| 2 Cloves | ½ Turnip |
| ½ Tablespoon mixed herbs | 2 Small onions |
| 2½ Teaspoons salt | 1 Celery stock |

Cut in dice carrot, turnip, onions and celery stock.

Wipe beef and cut lean meat into small cubes. Brown one-quarter of the meat with one-quarter of the onions in a hot frying pan. When brown, remove from fire, then put the rest of the meat in the soup kettle with fat and bone, add water and let stand for one-half hour, then place on back of range or on a small flame, and add the browned meat.

Heat to a boiling point, cover, and cook slowly for five hours, keeping below boiling point during cooking, then add the vegetables and seasoning and cook one hour more. Strain and cool as quickly as possible, by placing the kettle in cold water, and remove all fat.

## BOUILLON

| QUANTITY | QUANTITY |
|---|---|
| 1½ Pounds lean beef from middle of round | 1 Tablespoon salt |
| ½ Pound marrow bone | 1 Small carrot |
| 1 Quart water | ½ Turnip |
| | 2 Onions |
| | 1 Stalk celery |

Cut in dice carrot, turnip, onions and celery. Wipe meat and cut in small cubes. Put two-thirds of meat in soup kettle, and soak in water thirty minutes. Brown the remainder of the meat in a hot frying pan with marrow from bone. Put browned meat and bone in kettle and boil. When boiling, skin thoroughly, remove from fire, add one-half cup cold water and cook at a temperature below boiling point for four hours. Add seasoning and vegetables, cook one hour more, then remove the fat, strain, and pass the bouillon through a double thickness of cheesecloth.

## TOMATO SOUP

| QUANTITY | QUANTITY |
|---|---|
| 4 Cups or 1 quart brown soup stock | ¼ Teaspoon pepper |
| 1 Can tomatoes | 1 Small bay leaf |
| 2 Small onions | 2 Cloves |
| 1 Carrot | 3 Sprigs thyme |
| 1 Celery stalk | 2 Sprigs parsley |
| 1 Teaspoon salt | ½ Tablespoon sugar |
| | ¼ Cup butter |

¼ Cup bread flour

Cut in dice onions, carrot, celery, add the butter, and cook for about four minutes. Add the flour, bay leaf, cloves, thyme, parsley, sugar, and tomatoes, and cook slowly from thirty minutes to one hour. Rub through a strainer, add hot soup stock, season with salt and pepper.

## CREOLE SOUP

| QUANTITY | QUANTITY |
|---|---|
| 2 Cups or 1 pint brown soup stock | 1 Small chopped onion |
| ½ Can tomatoes | ⅙ Chopped green pepper |
| 2 Tablespoons flour | ¼ Teaspoon salt |
| 2 Tablespoons butter | A little pepper |
| 1 Tablespoon grated horseradish | A pinch of cayenne |
| | 2 Tablespoons macaroni rings |

Place in a sauté pan the butter, green pepper, and onions, and cook for about four minutes. Add the flour and tomatoes, let simmer for fifteen minutes, then add the soup stock, salt, pepper, and cayenne, and strain. Just before serving add the macaroni previously cooked, and the horseradish.

## SOUP JULIENNE

Cut into narrow strips about one inch long, two small carrots, two small turnips, one-eighth head of cabbage, one-half stalk of celery, and boil in water with a little salt until tender. Drain off the water, then place in a pan a small onion cut very thin, and half a tablespoon of butter. Cook until tender, stirring all the time to prevent the onions from coloring. When tender, add four cups of brown soup stock and the rest of the vegetables, and bring all together to a boiling point, then serve.

## ONION SOUP

Peel and slice very thin one pound of onions. Put in a frying pan two tablespoons butter, add the onions, and cook until tender, stirring all the time to prevent burning; add this to four cups of bouillon. Cut stale bread in slices, and each slice into four pieces; toast this in the oven. Place the toast in a soup tureen, sprinkle with grated Parmesan cheese, and pour the soup over bread when ready to serve.

## CHICKEN CONSOMMÉ

| QUANTITY | QUANTITY |
|---|---|
| 2 Quarts cold water (8 cups) | 4 Teaspoons salt |
| 2½ to 3 Pounds fowl | 2 Small sliced onions |
| 1 Sliced carrot | 2 Stalks cut celery |
| | 1 Small bay leaf |

Bring to a boiling point the water, carrot, salt, onion, celery and bay leaf. Cut the fowl up and let simmer until meat is tender, then remove meat and strain. Add two cups of bouillon, chill, and remove fat. Reheat, and serve with boiled rice.

## CONSOMMÉ À LA ROYAL

Cut a royal custard in small cubes, and add one cup of royal custard to six cups of bouillon or consommé, and serve.

### Royal Custard

Beat together one cup of bouillon with two eggs, pour this in mould or tin and place in boiling water. Bake same as a custard. When baked firm, set to cool, and when cold cut in slices, and the slices into cubes.

## CONSOMMÉ MARIE-LOUISE

Add to four cups of chicken consommé half a cup of white chicken meat cut in dice, and half a cup of cooked green peas, and serve with crouton au beurre.

### Crouton Au Beurre

Cut stale bread in very small pieces and fry in a little butter.

## CREAM OF TOMATO SOUP

| QUANTITY | QUANTITY |
|---|---|
| 1 Can tomatoes (a quart can) | 3 Tablespoons bread flour |
| ¼ Teaspoon soda | 1 Quart milk |
| 4 Tablespoons butter | 2 Teaspoons sugar |
| | 1 Tablespoon salt |
| | ¼ Teaspoon pepper |

Stew tomatoes slowly for twenty minutes. In the meantime melt butter, stir in flour and cook on slow fire, adding the milk gradually, and seasoning. Strain the tomatoes, add the soda and then add the sugar. Add the tomatoes to the milk and serve.

## CLAM CHOWDER

| QUANTITY | QUANTITY |
|---|---|
| 1 Quart clams | 2 Inch cube of fat salt pork |
| 1 Sliced onion | 1 Tablespoon salt |
| ½ Cup cold water | ⅛ Teaspoon pepper |
| 2 Cups potatoes cut in small cubes | ¼ Cup butter |
| | 4 Cups milk |

Cook pork with onion and half a cup of water for fifteen minutes. Drain off the liquid and reserve; wash clams and reserve liquid. Parboil potatoes four minutes and drain. Add to potatoes the reserved liquids, the hard part of the clams finely chopped, and cook. When nearly done, add milk and butter, season with salt and pepper, add the soft part of clams, and boil three minutes. Add crackers and serve.

## VEGETABLE SOUP

| QUANTITY | QUANTITY |
|---|---|
| 1 Carrot | 6 Cups water |
| 1 Turnip | ¼ Cup butter |
| 1 Celery stalk | A little parsley |
| 2 Potatoes | A soup bone |
| 1 Onion | Salt and pepper |

Slice the carrot, turnip, celery, potatoes, and onion, add the water and the bone and cook until the vegetables are tender. Add the parsley chopped fine, and butter; season with salt and pepper.

## PEA SOUP

| QUANTITY | QUANTITY |
|---|---|
| 1 Can peas | 1 Cup water |
| 1 Sliced onion | 2 Teaspoons sugar |
| 2½ Cups milk | ¼ Cup butter |
| | Salt and pepper |

Drain peas from their juices, add sugar and water, and let simmer fifteen minutes, rub through a sieve, reheat, add the butter and the juice of the peas. Scald milk with onion, remove onion and add the milk to the peas. Add salt and pepper and serve.

### CREAM OF CELERY SOUP

| QUANTITY | QUANTITY |
|---|---|
| 4 Stalks of celery | 2 Tablespoons butter |
| 4 Cups milk | 3 Tablespoons bread flour |
| 1 Small sliced onion | 1 Cup cream |

Cook the celery and onion in milk in a double boiler until tender. Strain, thicken the celery with butter and flour cooked together, season with salt and pepper, add the cream and serve.

## MEATS

### BEEF

About half the weight of beef is water. This meat is generally considered to have a high nutritive value, due to the large amount of fat and protein that it contains.

Veal contains a smaller amount of fat, but is richer in protein.

Mutton as a rule contains a little more fat than beef and somewhat less protein.

Pork is characterized by a high per cent of fat and a low per cent of protein.

Long, slow cooking is necessary to blend flavors and to soften the fibers of some cooked meats, but always keep the heat moderate. Reheated meats need to be more highly seasoned than freshly cooked meats.

Fresh meat for boiling should be put in boiling water and boiled over a hot fire for four minutes, then boiled gently, and salt, pepper, and spices added for seasoning.

When meat is tough, add a few drops of vinegar. The broth of boiled meat should be used for making soups or stews.

After slaughtering, the meats undergo three changes: first, when the meat is just slaughtered, the flesh is soft, juicy and tender; next the flesh stiffens, and the meat becomes hard and tough; in the third stage, it becomes soft and tender and acquires added flavor.

In hot climates, the meat is eaten in the first stage. In cold climates it is seldom eaten before the second stage, and generally, in order to lessen the toughness, it is allowed to enter the third stage, when it becomes soft and tender, and acquires added flavor.

All meat should be wiped with a damp cloth before preparing.

### Broiled Steaks

The best parts of the beef for broiling are sirloin, rump, porterhouse, first and second cuts of the round.

Steak should be cut one and a half inches thick or more.

Wipe the meat with a cloth dipped in cold water, trim off the fat, and use to grease the broiler; place meat in broiler and broil over a clear fire, turning very often at first to prevent the juice escaping, then turn occasionally until well done on both sides. It will take from ten to fifteen minutes. Place the steak on a hot platter, spread with butter and sprinkle with salt and pepper.

### Pan Fried Steak

Prepare the meat as for broiled steak, sprinkle salt and pepper on both sides, place a little butter in a hot frying pan, and follow the same directions as for broiled steak. It may be served with the juice or maître d'hotel butter.

### Fillet Sauté Mignon

Wipe a small fillet, sprinkle salt and pepper on both sides, and broil in a pan same as pan fried steak.

Fry some mushrooms in butter, place the fillet on a hot platter, arrange the mushrooms on top of the fillet, and pour some of the juice over. Serve the rest of the sauce separate.

### Fillet Sauté Trianon

Prepare a fillet same as for mignon, serve with fried potatoes instead of mushrooms; sprinkle with parsley and serve with a sauce trianon.

### Hamburg Steak

Chop very fine, or force through a meat grinder, one pound of lean raw beef, season with salt and pepper. Chop very fine half a small onion, add a little milk, and one egg and shape into flat cakes. Fry in a hot frying pan with butter.

### Roast Beef

Take a piece of the hip sirloin, or small end sirloin, place the meat in a roasting pan, the skin side down, sprinkle over with salt, and dredge with a little flour. Place in an oven at a temperature of 450° F. for ten minutes then finish at a temperature of 375° F. Baste

every ten minutes with the juice of the meat. When meat is about half done, turn over to finish roasting. It will take about one hour and fifteen minutes. Spread a tablespoon of mustard over meat to improve the flavor.

Carve the roast in thin slices, and serve with a gravy made from the juice, adding a cup of bread flour, and stirring until well browned; add gradually one and a half cups boiling water, cook from four to six minutes, season with pepper and salt and strain.

### Pot Roast

Take two pounds of beef cut from chuck ribs, rub over with salt and pepper, roll in flour and sear the surface in hot salt pork fat, place in a casserole with a thinly sliced onion, add a little water, cover, and bake in an oven for two hours, more or less, adding more water when needed. When nearly done, add two carrots boiled soft and cut in small pieces, six potatoes, half cooked, each cut in six pieces, and two tablespoons butter, and cook all together for about ten minutes longer.

### Beef Stew

| QUANTITY | QUANTITY |
|---|---|
| 2 Pounds of lean beef | 4 Tomatoes |
| 6 Medium potatoes | 1 Tablespoon flour |
| 4 Carrots | A little parsley |
| 4 Onions | Salt and pepper to season |

Cut meat into small pieces, put in kettle, add two drops of vinegar, and cover with boiling water. Boil slowly for one and a half hours. Cut the carrots, onions, potatoes, and tomatoes, and add to the meat. Add salt and

pepper, and water enough to cover the vegetables. Cook for thirty minutes, then add dumplings and cook ten minutes more, without removing the cover; then remove from fire and place the meat on a platter with the vegetables, arranging the dumplings around the edge. Add to the juice the flour, mixed with a little water, boil the sauce until it thickens, pour over the stew and sprinkle with parsley.

### Dumplings

| QUANTITY | QUANTITY |
|---|---|
| 1 Cup flour | A little salt |
| 2 Teaspoons baking powder | 1 Tablespoon butter or fat |

Sift together flour, baking powder, and salt, rub in the butter lightly, add enough cold water to make dough hold together, drop by spoonfuls into stew or roll and cut out with a small biscuit cutter.

### Brunswick Stew

| QUANTITY | QUANTITY |
|---|---|
| 1 to 2½ Pounds chicken | 2 Medium size potatoes, sliced thin |
| 1¼ Pounds middle rib corned beef | 1 Medium size onion, sliced thin |
| 1 Pound fresh beef, diced | ⅛ Teaspoon paprika |
| ½ Cup lima beans | 8 Cups water, or |
| ½ Cup tomatoes | 4 Cups water and 4 cups soup stock |
| ½ Cup sweet corn | |
| ¼ Teaspoon salt | |

Put the whole into a pot, and cook slowly until well done; then bone the chicken. If it is well cooked, the meat will fall off the chicken bones.

## VEAL

Veal differs from beef in containing a smaller amount of dry matter. It is richer in protein and poorer in fat.

Veal is the meat obtained from a young calf about ten weeks old. It is unwholesome, hard to digest and should be eaten soon after killing as it does not keep long. It should be well cooked, and more seasoning should be added than to other meats.

Veal is best when prepared as a fricassee or blanquette, and is prepared the same as lamb.

## LAMB AND MUTTON

There is about the same amount of refuse matter in mutton as in beef. Mutton as a rule contains a little more fat than beef and less protein; a pound of mutton yields 25 per cent more calories than beef.

### Broiled Lamb Chops

Follow the same directions as for broiling beeefsteak; broil in pan, or on a broiler.

### Fried Lamb Chops

Follow same directions as for pan fried steak.

### Sautéed Fillet of Lamb Mignon

Follow same directions as for fillet sauté mignon.

### Lamb Sauté Trianon

Follow same directions as for fillet sauté trianon.

### Brown Fricassee of Lamb

Take two pounds of the fore-quarter of lamb and cut in medium pieces. Put the meat in a kettle, cover with boiling water, and cook until it is tender. Then remove from the water, and sprinkle with salt and pepper, and dredge with flour. Place two tablespoons of butter in a hot frying pan, add the meat and sauté. Put the sautéed mutton on a hot platter, and pour around it a brown sauce made from the juice of the meat. Add to the juice half a tablespoon of flour mixed with one cup of water, salt and pepper, and boil the sauce until it thickens.

### Roast Lamb

Take a leg of lamb, remove caul, sprinkle the meat with salt and pepper, and roast same as roast beef. Make a gravy by following the same directions as for roast beef gravy.

### Roasted Saddle of Mutton

Have the butcher dress a mutton saddle. Sprinkle with salt and pepper, spread two tablespoons of mustard over, and roast same as roast beef.

### Irish Stew

Prepare same as beef stew, using lamb cut from the fore-quarter instead of beef.

### Blanquette of Lamb

Prepare a white sauce, and to each cup of sauce add one cup of cooked lamb cut in cubes, two mushrooms sliced very thin, and a few cooked green peas. Serve on a platter with finely chopped parsley on top.

## PORK

### Fried Pork Chops

Sprinkle the chops with salt and pepper, place in a hot frying pan, spread a little mustard on each and cook slowly until tender and well browned.

Pork chops should be served with apple sauce or fried apples.

### Broiled Ham

Take thin slices of ham and soak in warm water for forty minutes, wipe dry and broil for three minutes.

### Fried Ham

Soak sliced ham in cold water over night, dry the meat with a towel, and fry in a very hot pan until brown.

### Fried Pigs' Feet

Sprinkle the feet with salt and pepper, dip in a beaten egg, and then in bread crumbs, and fry in deep fat, drain; serve with parsley.

# PART VII

## POULTRY, FISH, AND SAUCES

POULTRY—ROASTED, FRIED, BROILED, BOILED, BAKED, DRESSING, STUFFING. FISH — BROILED, BOILED, BAKED, FRIED, CREAMED. SAUCES—WHITE, VELOUTÉ, ESPAGNOLE, HOLLANDAISE, TARTAR, ETC.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# POULTRY

A good fresh bird shows a well-rounded form with neat, compact legs, and no sharp, bony angles on the breast to indicate a lack of tender white meat. The skin should be of a clear yellowish color, and free from blotches and pin feathers; if it looks tight and drawn, the bird may have been scalded before being plucked. The flesh should be neither flabby nor stiff, but should go in evenly and gently when pressed with the finger.

## HOW TO CLEAN POULTRY

Singe the fowl over a free flame, cut off head just below bill, break the bone of the feet just below joint, pull out sinews, and cut off feet. Cut out oil sac. Lay breast down, make a small slit from backbone toward head, loosen windpipe and crop, and pull out. Push back the skin from the neck, and cut off the neck close to the body; make a slit below end of breastbone, insert the fingers, and loosen the intestines from the backbone. Now take a firm grip of gizzard and draw it all out, cut around the vent so that the intestines are not broken, then remove the heart and lungs, along with the kidneys. Wash the inside well with cold water, then wipe dry with a cloth. Cut through thick fleshy part of gizzard, and remove inside heavy skin without breaking. Now cut away gristly parts. The poultry dealer of course will do this for you if you wish.

There are hundreds of different ways to serve poultry, and they are all prepared from fried, boiled, roasted, broiled, or baked chicken.

### POULTRY DRESSING

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups stale bread crumbs | = 1 Pint |
| 1 Small onion chopped very fine | = 1 Onion |
| 1 Tablespoon finely cut parsley | = 1 Tablespoon |
| 2 Yolks of eggs | = 2 Egg yolks |
| ¼ Cup melted butter | = 2 Ounces |
| 1 Cup milk | = ½ Pint |

Pepper, salt and paprika to season

Add the milk, the bread crumbs, the eggs, and the rest of the ingredients, and mix all together.

### ROAST POULTRY

Fill the inside of a cleaned fowl with the dressing. Take a yard of twine in trussing needle; now turn the wings across the back, so that pinions touch, and run the needle through body and wing on the other side. Return in same way, but pass the needle over the bone, and tie firmly. Now press the legs up against the body, run the needle through thigh, body and second thigh. Return, going round bone same way, and tie firmly. Run needle through ends of legs. Return passing needle through rump and tie the twine.

Rub the fowl with butter, and season with salt and pepper. Place in a roasting pan, and put into a hot oven at a temperature of 450° F. Add a little water, and baste every ten minutes. When brown, drop the oven temperature to 375° F. Roast one hour for chicken or duck

weighing three pounds, and three hours for an eight-pound turkey. When the fowl gets too brown, cover with paper.

### FRIED POULTRY

Clean the bird as for roast, and cut into pieces as follows: two second joints, two wings, breast (cut into two pieces), two drumsticks, backbone (cut into four pieces).

Sprinkle the parts with salt and pepper, dredge with flour and put into frying pan with one-quarter cup of butter, and brown quickly over hot fire. Add two tablespoons of water, cover, reduce the heat and fry slowly on both sides. Remove the chicken from the pan, add to the juice a little flour and stir well. Add water a little at a time and cook until thick, adding more water when necessary.

### BROILED POULTRY

With a sharp knife, make a cut at the back of the neck, and cut through backbone, the entire length of the bird. Lay the bird open, cut out rib bones on either side of the backbone, then remove breastbone, and cut through tendons at joints.

Sprinkle with salt and pepper and broil on broiler for about fifteen minutes over a clear fire. Serve on a hot platter, spread butter over and sprinkle with a little salt and pepper.

NOTE: This may be roasted first in the oven and then finished as above.

### BOILED POULTRY

Tie a prepared fowl in cheesecloth, place on trivet in a kettle, add boiling water, cover, and cook slowly until

tender, turning from time to time. Add salt during the last half hour of cooking.

### BAKED FOWL

Place a prepared fowl in a dripping pan, sprinkle with salt and pepper, dredge with flour, and dot over with butter. Bake for half an hour in an oven at a temperature of 425° F., basting from time to time with two tablespoons of butter melted in two tablespoons of water. Serve with a gravy made from the juice in the pan.

### CHESTNUT STUFFING

**For Turkey and Other Fowl**

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Pound French chestnuts | = 1 Pound |
| ¼ Cup of butter | = 4 Ounces |
| ¼ Cup cream | = ⅛ Pint |
| ½ Cup bread crumbs | = ½ Cup |

Salt and pepper to season

Shell the chestnuts and cook in boiling water until soft, chop very fine, and add butter, salt, pepper, and cream, then add the crumbs and mix well.

### CHICKEN PIE

Prepare two cups of white sauce, and add to this two small potatoes cut in quarters and boiled, four very small boiled onions, a little chopped parsley, salt and pepper to season and a few small pieces of lard. Then heat all together.

Place in a baking dish, half a boiled chicken, bones removed and the meat cut in pieces, pour the prepared sauce over, and let stand until cold, then cover with pie

crust. Make a small hole in the center of the crust, wash with egg wash and bake in an oven at a temperature of 375° F., until the crust is baked, then serve.

## SUPRÊME OF CHICKEN

Remove the breast meat of two young chickens or fowls, and trim into cutlet shape. Sprinkle with salt and pepper, dip in heavy cream, and then in flour, and place in a hot frying pan with butter. Fry until nice and brown, then place them in another pan, dot them over with butter, cover with a buttered paper, and bake in an oven at a temperature of 400° F., until tender. Make a sauce from one-quarter cup butter, one-quarter cup flour, and stir until smooth; then add half a cup of chicken bouillon stock, and half a cup of cream, bring to a boiling point, add salt, pepper, and paprika, the yolk of one egg and a few small sautéed mushroom caps. Arrange the chicken on a platter, and serve with the sauce around and over.

## CREAMED CHICKEN

Make two cups of white sauce, add to this two cups, or one pint, of cold chicken cut in dice; add salt and pepper to season, and heat all together in a double boiler for fifteen minutes.

Sautéed sliced mushrooms may be added.

Cream chicken may be served on a platter with a potato border, or in ramekins, patty shells, vol-au-vent, or in tart shells.

## CHICKEN BLANQUETTE

Make one cup of white sauce, and cut the left-overs of a boiled chicken to make two cups or one pint of the meat. Add the meat to the sauce, and when well heated, add the

yolks of two eggs and one-quarter cup of milk beaten to-
minutes. Remove to a hot platter with napkin, garnish
minute. If too thick, add a little more milk. When ready
to serve add a little parsley chopped fine.

### CHICKEN À LA KING

Prepare same as for blanquette of chicken, adding to the sauce a little paprika and four small boiled mushrooms sliced very thin, leaving the parsley out, and adding a little cream to the sauce.

### CHICKEN PATTY

Prepare a chicken à la king and serve in patties, or tart shells.

## FISH

The nutriment in fish ranges between wide limits. In some fish protein is as low as six per cent, as in flounders, while in others, it is as high as thirty per cent, as in dried codfish. The amount of fat is small, except in salmon and trout.

Fish is as easily digested as meats. The flesh of fish, however, decays more readily than that of meats, and produces ptomaines or toxic substances which are the result of fermentation.

Cases of poisoning from eating tainted fish are not infrequent.

From thirty-five to fifty per cent of fish is water, that is, in the edible portion; and from thirty to sixty per cent of fresh fish, in some cases, is refuse.

When a fish is fresh the flesh is firm and the gills are a bright pink.

## BROILED FISH

### Broiled Cod

Split down the back of a young cod, and remove the backbone, except a small part near the tail which is called a scrod. When broiled, place on platter, spread with butter and sprinkle chopped parsley on top; then garnish with slices of lemon, and serve.

### To Broil Fish

Clean and wash the fish, season with salt and pepper, broil on a well greased broiler from ten to fifteen minutes, turning over once. Remove to a hot platter.

### Broiled Haddock

Treat same as cod.

### Broiled Chicken Halibut

Treat same as cod; sprinkle a little paprika and parsley on top, serve with butter and lemon same as cod.

## BOILED FISH

Fish such as small cod, cusk, and haddock are boiled whole, using just enough water to cover the fish. When the flesh leaves the bone easily, the fish is cooked. When boiling fish, always add salt and also a little lemon juice or vinegar to keep the flesh white.

### Boiled Salmon and Halibut

For these fish, a long fish-kettle containing a rack on which the fish is placed to boil is necessary.

### Boiled Haddock

Clean the fish, place in water and steam for twenty minutes. Remove to a hot platter with napkin, garnish with slices of hard boiled eggs and parsley, and serve with an egg sauce.

### Boiled Cod

Prepare same as haddock.

### Boiled Cusk

Prepare same as haddock.

## BAKED FISH

### Baked Mackerel

Split fish, clean, and remove head and tail. Place the fish in buttered pan, sprinkle with salt and pepper and dot over with butter. Pour over a little milk, and bake for twenty minutes or more in an oven at a temperature of 375° F.

### Baked Fillets of Bass

Cut the fish into small fillets and sprinkle with salt and pepper. Put the fillets in a shallow pan, spread a coating of butter on a paper, and cover the fish with the paper, the buttered side on the fish. Bake ten to twelve minutes in an oven at a temperature of 400° F. Serve with parsley and Hollandaise sauce.

### Baked Fillets of Halibut

Cut a halibut in fillets, and treat same as bass.

### FRIED FILLETS OF HALIBUT

Cut long fillets of halibut, sprinkle with salt and pepper, roll up and stick a wooden skewer through to hold the fish in shape. Dip in a beaten egg, then in some bread crumbs, and fry in deep fat, same as for frying doughnuts. Serve with tartar sauce.

### FRIED FILLETS OF FLOUNDER

Prepare and serve same as fried fillets of halibut.

## SHELLFISH

### OYSTERS ON THE HALF SHELL

They should always be served very cold. Leave the oysters on the deep shells, and place the shells on crushed ice. Serve with lemon cut in quarters.

### CREAMED OYSTERS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups of oysters | = 1 Quart |
| 2 Cups of white sauce | = 1 Pint |
| A little celery salt | |

Cook the oysters until the edges begin to curl, then drain and add white sauce, with celery salt. Serve on toast, or in patty shells.

### BROILED OYSTERS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups oysters | = 1 Quart |
| ½ Cup melted butter | = 4 Ounces |

Take about one cup of cracker crumbs seasoned with salt and pepper; dry the cleaned oysters between a towel.

Lift the oysters with a fork, holding them by the tough muscle, dip in butter, then in cracker crumbs, place in a wire broiler and broil over a clear fire until juices flow from the oysters, turning while broiling. They may be served on toast.

### SAUTÉED OYSTERS

Prepare oysters same as for broiled oysters, put some butter in a hot frying pan, add the oysters dipped in bread crumbs; brown on one side then turn them over and brown on the other side, then serve.

### OYSTERS FRIED IN BATTER

Dry some cleaned oysters between a towel, dip in batter and fry in deep fat. Drain and serve garnished with lemon and parsley.

To make the batter, take one egg, half a cup of milk, half a cup of bread flour, two ounces of salt and pepper. Beat the egg, salt, and pepper together; add milk and flour and beat to a smooth batter.

### FRIED SCALLOPS

Parboil the scallops one minute, drain them and dry between a towel. Sprinkle with salt and pepper, and dip them in eggs and then in bread crumbs, and fry in deep fat. Serve with parsley and tartar sauce.

### BOILED LOBSTER

Lobster should be alive. Plunge the live lobster into boiling water to which a little salt has been added. Continue to boil for twenty minutes, more or less, according to size of lobster.

Crabs are boiled in the same manner but in less time, or about eight minutes, for a medium size crab.

Crabs may be prepared same as lobsters.

## PLAIN LOBSTER

Remove the meat from the shell, arrange on platter, and garnish with small claws.

## DEVILED LOBSTER

Cut enough lobster meat in cubes to fill about two cups, add a cup of white sauce, a teaspoon of lemon juice, salt and pepper, and a pinch of cayenne. Heat all together, fill a lobster shell, put a few dots of butter on top, and cover with bread crumbs. Bake in an oven at a temperature of 400° F., until bread crumbs are brown.

## LOBSTER À LA NEWBURG

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups finely cut lobster | = 1 Pint |
| 2 Tablespoons butter | = 1 Ounce |
| 1 Tablespoon flour | = 1 Tablespoon |
| 1 Cup milk | = ½ Pint |
| 2 Hard boiled eggs | = 2 Eggs |

Melt butter in a sauce-pan, add the flour and stir well. Add the milk slowly, and boil until thick, then add the egg yolks rubbed through a sieve or strainer, stirring until smooth. Season with salt, pepper, cayenne, and paprika. Add the lobster and egg whites finely chopped. Boil in a double boiler for fifteen minutes, add one-quarter of a glass of sherry wine and serve.

## SAUCES

Sauces are the foundation of all good cookery. A good sauce will give a good taste to any meat dish, or left-overs. Therefore, special care should be given when preparing the sauces. There are many liquids served to-day in public eating-places, which are masqueraded under the name of sauce. To make a good sauce, one without lumps, you need a small French whip. That should be one of your utensils.

### WHITE SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup hot milk | = ½ Pint |
| 2 Tablespoons butter | = 1 Ounce |
| 2 Tablespoons bread flour | = ½ Ounce |

Salt and pepper to season

Melt the butter in a sauce-pan, add the flour, and stir well until smooth; then add the milk gradually, stirring all the time. When all the milk is added, add salt and pepper to season, and cook for two minutes. When a thinner sauce is desired, add one cup milk extract.

### WHITE CREAM SAUCE

Prepare same as white sauce, adding one-quarter cup of cream while boiling, and the seasoning.

### VELOUTÉ SAUCE

Prepare same as white sauce, using three-quarters cup of chicken consommé instead of the milk. Add seasoning.

### SAUCE ALLEMANDE

Prepare a velouté sauce, add the yolk of an egg, and the juice of one-quarter of a lemon. Add seasoning.

## SAUCE ALLEMANDE À LA CRÈME

Prepare a sauce allemande without the lemon juice. When cooked, add one-half cup of cream and a little Parmesan cheese and cook a half minute more. Add seasoning.

## SAUCE BLANCHETTE

Prepare a velouté sauce, add one small onion sliced very thin, one-quarter cup of cream, salt and pepper to give it a proper seasoning, and boil together.

## SAUCE ESPAGNOLE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Tablespoons butter | = 1 Ounce |
| ¼ Cup bread flour | = 1 Ounce |
| 2 Cups brown soup stock | = 1 Pint |
| 1 Carrot, sliced very thin | = 1 Carrot |
| 1 Onion, sliced very thin | = 1 Onion |
| 4 Peppercorns | = 4 Peppercorns |
| A bit of bay leaf | |
| A sprig of thyme | |
| A sprig of parsley | |
| Salt and pepper | |

Cook the butter, carrot, onion, bay leaf, thyme, parsley and peppercorns until a light brown color, stirring all the time to prevent burning. Add the flour, and cook until well browned, stirring all the time, then add the stock gradually. Add salt and pepper, and strain. Bring to a boiling point, and serve.

## BROWN MUSHROOM SAUCE

Prepare a sauce espagnole and add the caps of six small mushrooms, peeled and sliced, and browned in butter.

## TOMATO SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Small can of tomatoes | = 1 Pint |
| 1 Teaspoon sugar | = 1 Teaspoon |
| 1 Teaspoon salt | = 1 Teaspoon |
| 6 Peppercorns | = 6 Peppercorns |
| 4 Tablespoons butter | = 2 Ounces |
| 3 Tablespoons bread flour | = ¾ Ounce |
| 1½ Cups brown stock | = ¾ Pint |
| Small piece of bay leaf | |

Place in a sauce-pan tomatoes, sugar, peppercorns, bay leaf, and salt, and cook for fifteen minutes, then rub this through a strainer. Melt the butter, add the flour, and cook until light brown. Add the stock gradually, then add the tomatoes and bring to a boil all together, and season.

## TOMATO CREAM SAUCE

**To be served with fish**

Cook tomatoes same as for tomato sauce, adding a celery stalk. When cooked and strained, add one-half teaspoon of soda, then add one cup of white sauce, and bring to the boiling point, but do not let boil.

## DEVONSHIRE SAUCE

Add to one cup of sauce espagnole, two tablespoons of red currant jelly, a few drops of lemon juice, two drops of essence of anchovy, and three tablespoons claret wine for sauces.

## HOLLANDAISE SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 6 Tablespoons butter | = 3 Ounces |
| 1 Yolk of egg | = 1 Egg yolk |
| 1 Tablespoon milk | = 1 Tablespoon |
| ½ Tablespoon lemon juice | = ½ Tablespoon |
| A little salt and cayenne | |

Place in a sauce-pan two tablespoons butter, with lemon juice and egg yolk. Place the sauce-pan in boiling water, and stir with a wire whip. Add two more spoons butter, and as mixture thickens, add milk, stirring constantly with a whip. Then add the rest of the butter, and remove from the fire at once. Add salt and cayenne. If left on the fire a moment too long, it will separate.

### SAUCE TRIANON

Add to the sauce hollandaise, while cooking, two tablespoons sherry wine for sauces.

### SAUCE BÉARNAISE

Add to sauce hollandaise one teaspoon tarragon vinegar, one teaspoon finely chopped parsley, one teaspoon finely chopped fresh tarragon.

### TARTAR SAUCE

| QUANTITY | QUANTITY |
|---|---|
| 1 Tablespoon vinegar | 1 Teaspoon olives chopped fine |
| ¼ Shallot chopped fine | 1 Teaspoon parsley chopped fine |
| 1 Teaspoon capers chopped fine | A little powdered tarragon |
| 1 Teaspoon pickles chopped fine | |

Mix together, and mix well with one cup of mayonnaise dressing.

### HOT TARTAR SAUCE

Add the same ingredients to one cup of hot white sauce instead of mayonnaise dressing.

## EGG SAUCE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ¼ Cup butter | = 2 Ounces |
| 1 Tablespoon flour | = ½ Ounce |
| ½ Cup hot water | = ¼ Pint |
| 1 Egg yolk | = 1 Egg yolk |
| Salt, pepper, and juice of half a lemon | |

Melt half of the butter, add flour and work until smooth; then add the hot water gradually, salt and pepper, and boil for two minutes. Remove from fire, add the rest of the butter, lemon juice, and the egg yolk, beat well together with a fork, and serve.

NOTE: A hard-boiled egg very thinly sliced may be added.

## MAÎTRE D'HÔTEL BUTTER

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Tablespoons butter | = 2 Ounces |
| ½ Teaspoon salt | = ½ Teaspoon |
| 2 Teaspoons finely chopped parsley | = 2 Teaspoons |
| The juice of half a lemon | |
| A pinch of pepper | |

Cream butter in a bowl until light; add salt, pepper, and the lemon juice a few drops at a time, until all added, working it continually with a fork or whip; then add the parsley and mix well.

# PART VIII

## VEGETABLES AND SALADS

VEGETABLES—BOILED, CREAMED, STUFFED, ETC., BOSTON BAKED BEANS, MACARONI, SPAGHETTI, POTATOES, SALADS, SALAD DRESSINGS.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# VEGETABLES

Vegetable foods contain a smaller percentage of protein than animal food products. They vary widely in composition and nutritive value.

The conditions under which vegetables are grown have much to do with their value, particularly from a sanitary point of view. When sewage has been used for fertilizing the land, as by sewage irrigation, the vegetables are unsound from a sanitary point of view. Such vegetables should be thoroughly cleaned, and well cooked, in order to render them sterile. Vegetables to be eaten raw should be dipped momentarily in boiling water, to destroy the activity of the germs present upon the surface. They may then be immediately immersed in cold water to preserve their crispness.

## COOKING OF VEGETABLES

Vegetables should be washed in cold water, then cooked in boiling water with salt, uncovered, until soft. When vegetables are covered during boiling they lose their color.

## ASPARAGUS (BOILED)

Cut off the lower part of stalks, then untie the bunch, wash, and scrape off the peel. Retie the bunch, cook in boiling water with a little salt until tender, which will be about fifteen minutes. Drain, then remove the string, place on a napkin, and serve with hot butter.

### ASPARAGUS ON TOAST

Serve boiled asparagus on buttered toast.

### ASPARAGUS HOLLANDAISE

Serve boiled asparagus with a sauce hollandaise separate.

### CREAMED ASPARAGUS

Cut a bunch of boiled asparagus in pieces about one inch long; add one cup of white sauce, and heat all together. Serve with toast.

### ASPARAGUS VINAIGRETTE

Serve boiled asparagus with vinaigrette dressing (see Salad Dressing).

### ARTICHOKE

Take an artichoke, cut off the stem close to the leaves, remove the bottom leaves, trim the artichoke by cutting off one inch of the top leaves, then cut out the choke with a sharp knife. Now tie the artichoke with a string and place to soak in cold water for twenty minutes, then drain, and cook for half an hour in salted water, with a few drops of vinegar. Remove from the water and turn upside down to drain, then take off the string, place on a napkin, and serve with sauce hollandaise separate, or with vinaigrette dressing separate.

### BEANS

#### String Beans

Remove the strings of the beans, and break into pieces about an inch in length. Wash, and cook in boiling water

until nearly tender, then add a little salt and finish boiling until tender. Drain, season with salt, and add a little butter.

### Shell Beans

Cook same as string beans, but use very little water, so that there is no water to drain off when beans are cooked. Add butter and salt.

### Lima Beans

Soak some dried lima beans over night; drain, and cook in boiling water with salt until tender. Drain and add salt and butter.

### Lima Beans with Cream

Add a little cream to the boiled beans, and reheat; then serve.

## BEETS (BOILED)

Wash a whole beet and cook in boiling water until soft; drain, and put in cold water to remove the skin. Serve cut in slices.

## BRUSSELS SPROUTS

Soak sprouts in cold water for ten minutes, then cook in boiling water with salt until tender. Drain, and place in a sauté pan with butter, salt and pepper, and heat for about four minutes, stirring from time to time.

## CREAMED BRUSSELS SPROUTS

To one cup of prepared sprouts add one cup of white sauce, with a half-stalk of cooked celery chopped fine. Add salt and pepper, and heat all together.

## CABBAGE (BOILED)

Take off the outside leaves of a cabbage, cut in four, and remove the tough stalk. Soak in cold water for a while, then place in pot of boiling water with salt and a pinch of soda, and boil in open kettle until tender. Drain, chop in pieces, season with salt and pepper, add a little butter, and serve.

## CABBAGE AU GRATIN

Mix boiled cabbage with a white sauce, sprinkle bread crumbs over it and place in an oven with a temperature of 400° F., until brown on top.

## CABBAGE (RED)

Boil a red cabbage with two onions until tender. Drain, add two tablespoons butter, salt, pepper, and the boiled onions, a little butter and cayenne, and cook for ten minutes covered.

## CARROTS

To cook carrots, wash and scrape the carrots, then boil in boiling water until tender.

## CREAMED CARROTS

Cut in slices one cup of boiled carrots, add one cup of white sauce, and heat all together. Add salt and pepper, one tablespoon butter, and two tablespoons cream or milk. Sprinkle a little parsley on top before serving.

## CARROTS MARIE-LOUISE

Prepare creamed carrots, add one cup of boiled peas, and two small mushrooms sliced very thin, then add two chopped egg yolks and serve.

### CAULIFLOWER

Boil a cauliflower the same as cabbage.

### CREAMED CAULIFLOWER

Divide into parts a boiled cauliflower, mix with two cups of white sauce, and heat all together.

### CAULIFLOWER AU GRATIN

Prepare a creamed cauliflower, then pour it on a platter, dot all over with butter, sprinkle bread crumbs on top, and put in an oven with a temperature of 400° F., until the crumbs are nice and brown.

### CAULIFLOWER PARMESAN

Prepare a cauliflower au gratin, and sprinkle with Parmesan cheese. Sprinkle the bread on top of the cheese, and finish same as au gratin.

### CREAMED CELERY

Wash and scrape celery stalks, and cut in pieces one inch long. Cook in boiling water with salt until soft, drain, and add one-half cup of white sauce to one cup of celery. Add a little butter, salt and pepper, and heat all together and serve.

### CORN ON THE STALK

Remove the threads and husks from the green corn and wash. Cook in boiling water for fifteen minutes or more. Drain, place on a napkin, and serve.

## BUTTERED CORN

Cut hot boiled corn from the cob, add butter and salt, and serve.

## CORN FRITTERS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup corn | = ½ Pint |
| 1 Cup bread flour | = 4 Ounces |
| 2 Teaspoons salt | = 2 Teaspoons |
| 2 Eggs | = 2 Eggs |
| 1 Teaspoon baking powder | = 1 Teaspoon |
| A little paprika | |

Work together corn, eggs, salt, and paprika, add the flour and baking powder to make a dough, and shape in flat cakes. Fry in a frying pan, in lard, compound or butter.

## ONIONS (BOILED)

Remove the skin of the onions, put them in a sauce-pan and cover with water with a little salt added, and cook until soft. Drain, and add salt and pepper.

## CREAMED ONIONS

Prepare boiled onions, put in a sauce-pan, add some white sauce, a little butter, salt and pepper, and heat all together.

## PEAS (BOILED AND BUTTERED)

Remove the peas from pods, cover with cold water, and let stand for twenty minutes. Drain off the water, and cook until tender in a small quantity of boiling water. Add a little salt. When cooked, drain off the water and add a little butter, one teaspoon of sugar, and salt and pepper to season, and heat all together for five minutes.

### CREAMED PEAS

Add one cup of white sauce to two cups of boiled peas, two tablespoons of cream, one tablespoon of butter, salt and pepper, and heat all together.

### SPINACH (BOILED)

Wash spinach leaves, cut off from the roots, in several waters, to remove all the sand. Put in a sauce-pan, and allow to heat gradually, and boil until tender, in its own juice. Add salt, pepper and a little butter, and heat all together.

### CREAMED SPINACH

Drain boiled spinach, and chop fine. Press out all the juice of one cup of spinach, add one cup of white sauce, a little butter, salt and pepper, and heat all together. Serve plain or on toast.

### SUCCOTASH

Take one cup of boiled corn, one cup of boiled shelled beans, season with butter and salt, and heat all together before serving.

### STUFFED TOMATOES

Cut off the tops of four tomatoes, take out seeds and a part of the pulp, sprinkle the inside with salt, and place in a buttered pan. Cook two tablespoons butter with one chopped green pepper, add one-half cup of soft bread crumbs and the removed tomato pulp, a little salt and pepper. Fill the tomatoes with the filler, sprinkle bread crumbs on top, and bake fifteen minutes in oven at a temperature of 400° F.

## MUSHROOMS

These are used mostly as a garnish, or sautéed in butter. When creamed, prepare in the same proportions as for creamed peas.

## BOSTON BAKED BEANS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups beans | = 1 Quart |
| ½ Pound salt pork | = 8 Ounces |
| 2 Tablespoons brown sugar | = 1½ Ounces |
| 1 Tablespoon molasses | = 1 Tablespoon |
| ½ Tablespoon salt | = ½ Tablespoon |
| ¼ Teaspoon pepper | = ¼ Teaspoon |
| ¼ Teaspoon dry mustard | = ¼ Teaspoon |

Soak the beans over night. Put half into bean pot, put the salt pork in center, then put the rest of the beans on top. Add sugar, salt, pepper, mustard and molasses, and six cups (or three pints) of cold water. Cover, and put in an oven with a temperature of 325° F. for eight hours, adding more water when necessary.

## BAKED MACARONI

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ lb. macaroni | = 8 Ounces |
| 4 Tablespoons butter | = 2 Ounces |
| 4 Tablespoons flour | = 1 Ounce |
| 2 Cups milk | = 1 Pint |
| ½ Cup grated cheese (Parmesan) | = ¼ Pint |
| 2 Teaspoons salt | = 2 Teaspoons |
| ¼ Teaspoon pepper | = ¼ Teaspoon |
| 1/6 Teaspoon paprika | = 1/6 Teaspoon |

Boil macaroni in salted water until soft; drain, and rinse with cold water. Put into buttered baking dish and

cover with a sauce made as follows: Melt butter in saucepan, add flour, mix well and add cold milk slowly, stirring until smooth. Add half of the cheese, salt, pepper and paprika, boil two minutes, then sprinkle the rest of the cheese on top with bread crumbs, and bake in the oven until brown.

### SPAGHETTI

| QUANTITY | QUANTITY |
|---|---|
| 4 Slices bacon | A little pepper |
| 1 Sliced onion | A little allspice |
| ½ Cup tomatoes | A little cayenne |
| ½ Teaspoon salt | |

Boil two pounds of spaghetti for twenty minutes in boiling water, and drain. Cut bacon in small pieces, add the onion, tomatoes and spices, and boil. When boiling, let simmer for a half hour, then mix it with the spaghetti. Let stand ten minutes, and serve very hot, with Parmesan cheese.

### SPAGHETTI À LA CARUSO

Add to the spaghetti two cups of minced ham, and serve without the cheese.

## POTATOES

There are ten parts of non-nitrogenous substance in a potato to every part of nitrogenous. As an article of diet it needs to be supplemented with foods rich in protein. When potatoes are peeled, cut in small pieces and soaked in water for several hours before boiling, about 80 per cent of the crude protein or total nitrogenous material is lost, rendering them less valuable as food. When potatoes

are placed directly in boiling water, the loss of nitrogenous compounds is 7 per cent or thereabout, and when the skins are not removed, about one per cent. Digestion experiments have shown that 92 per cent of the starch and 72 per cent of the protein are digested, so compared with other foods, potatoes are a cheap source of non-nitrogenous nutriment. If used in excessive amounts, however, they have a tendency to make the ration unbalanced and too bulky.

### BAKED POTATOES

Take some smooth medium-size potatoes, place in a baking dish, and bake until tender in an oven at a temperature of 400° F. Rupture the skin and serve. If the skin is not ruptured the steam makes them soggy.

### BOILED POTATOES

Wash and peel potatoes and drop in cold water. Cut the medium ones in two and the large ones in four parts or more. Cook in boiling water, with a little salt added, until tender; drain off the water and place them back on the fire to dry the excess water. Remove from fire and let stand until ready to serve.

### MASHED POTATOES

Force hot boiled potatoes through a strainer or ricer. To each cup of potatoes add one tablespoon butter, one-quarter cup hot milk, salt and pepper, and beat with a whip until thoroughly mixed, then serve.

### MASHED POTATOES FLAMANDE

Same as above, using half a cup of buttermilk, instead of sweet milk.

## POTATOES FONDANTE

To two cups of hot strained mashed potatoes, add one tablespoon butter, salt and pepper to season, and one-quarter cup milk. Beat well with a whip, fill a buttered baking dish about three-quarters full, or less, pour two tablespoons of cream or the top of the milk over this, sprinkle with bread crumbs, and bake in an oven at a temperature of 400° F. until brown.

## DUCHESS POTATOES

Take two cups of strained mashed potatoes, add yolks of two eggs, salt, pepper, and one tablespoon butter. Mix well together. Shape by pressing through a pastry bag and fancy tube, on to a buttered baking pan, and bake in an oven at a temperature of 450° F. until brown.

NOTE: They may be shaped with a spoon.

## POTATOES À LA DOUTREMONT

Boil nice small potatoes. When tender, but not too soft, drain off the water, place in a baking dish, pour over each potato a teaspoon of melted butter, and finish baking in the oven for six minutes, basting with a teaspoon of butter three times. Serve sprinkled with chopped parsley.

## FRENCH FRIED POTATOES

Wash and pare potatoes, cut them in slices, then cut each slice lengthwise in bars. Drain the potatoes between towels and fry in deep fat, until half done. Remove from the fat, and when all are removed finish frying until crisp and brown, drain and sprinkle with salt.

Potatoes may be cut in all shapes to fry.

### POTATOES RISSOLÉE

Peel and wash small potatoes, drain them between towels, and fry in deep fat until lightly browned; drain, and put them in a baking pan, and bake in an oven at a temperature of 400° F. until soft.

### POTATO CROQUETTES PARISIENNE

Take two cups of boiled and strained potatoes, and mix with the yolks of two eggs, a little butter, salt, and pepper. Shape into a small roll pointed at the ends, roll in flour, and mark on top with a knife-blade, to represent a French roll, and fry in deep fat.

### BOILED SWEET POTATOES

Boil potatoes with the skins on. The boiling is the same as for boiled potatoes.

### CANDIED SWEET POTATOES

Boil some sweet potatoes with their skins removed. When boiled, cut lengthwise, halve, arrange in a buttered baking dish, pour over each a teaspoon of butter, then sprinkle on top some brown sugar, and a little salt. Cook in an oven at a temperature of 350° F. until the sugar is melted to brown caramel.

### CREAMED POTATOES

Cut in cubes one cup of cold boiled potatoes, and add two cups of white sauce. Heat all together, add salt and pepper.

### POTATOES AU GRATIN

Pour creamed potatoes in a baking dish, sprinkle bread crumbs on top, dot with butter and put in an oven at a temperature of 400° F. until a light brown.

### SAUTÉED POTATOES

Cut in slices cold boiled potatoes, add salt and pepper, put in a hot pan with a little butter, stirring all the time until brown.

## SALADS

Salads are a part of every well served dinner, and constitute a course by themselves. The making of salads is one of the most attractive and simplest courses in cookery.

They should be served crisp and cold where greens are used. When the green leaves are washed and dried, the salad may be prepared beforehand, and placed in the ice-box until ready to serve.

### ALEXANDRIA SALAD

A small head of lettuce, one ripe banana, two slices of pineapple, a half package of cream cheese, eight half walnuts chopped fine. Arrange crisp leaves of lettuce on salad plates, cut the pineapple slices in four parts, put two pieces of pineapple one on each side, and place four thin slices of banana between the pineapple. Roll the cream cheese into small balls, and roll them in the chopped nuts. Place one ball on the banana. Serve with French dressing.

### AÏDA SALAD

A small head of lettuce, one California orange, one banana, six half walnut meats chopped fine.

Arrange crisp leaves of lettuce on salad plates. Place in the center four thin slices of banana lengthwise, and on each side a slice of the orange. Sprinkle chopped nuts on top, and serve with cream dressing.

### ASPARAGUS SALAD

Arrange crisp lettuce leaves on salad plates. Place on top the green tips of cooked asparagus. Cut a thin slice of tomato in two, and arrange one part on each side of the asparagus. Serve with a vinaigrette dressing.

### SALAD À L'ESPAGNOLE

Arrange on a salad plate crisp watercress, place on top three thin slices of tomato, three small pickled onions, and serve with mayonnaise sauce in the center.

### SALAD À L'ALLEMANDE

Arrange crisp leaves of lettuce on salad plate. Make a combination of two tablespoons sliced boiled potatoes, half a cup Brussels sprouts, half a cup cauliflower, one-quarter cup chopped celery, two tablespoons French dressing. Mix well together, place one-quarter cup of this combination in the center of the lettuce leaves, and around the edge four asparagus tips.

### HOLLYWOOD SALAD

One orange, half a grapefruit, a small celery stalk, two small sweet cucumber pickles, two ripe olives, half a green pepper. Divide into sections the orange and grapefruit, chop together celery, cucumber, pickles, olives, and green pepper. Mix all together with one cup of mayonnaise

sauce, and serve one-quarter cup on crisp leaves of lettuce, with a small olive on top.

## FROZEN FRUIT SALAD

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup canned pineapple juice | = ¼ Pint |
| 1 Cup mayonnaise | = ½ Pint |
| 2 Tablespoons powdered sugar | = 1 Ounce |
| 1 Level tablespoon gelatine | = 1 Tablespoon |
| 1 Cup cream | = ½ Pint |
| 2 Cups of assorted fruits cut in cubes and sections | = 1 Pint |

Soak the gelatine in the pineapple juice, and melt over hot water. Let cool, and then add whipped cream and the mayonnaise sauce. Fold in the fruit, turn into a mould, place in your frigidaire and freeze over night, or pack in ice to freeze. When frozen, remove from the mould by dipping it in lukewarm water for a moment. Turn out on a platter and serve with crisp lettuce leaves around.

NOTE: When made in individual forms, serve on a leaf of lettuce.

## POTATO ONION SALAD

Cut six medium-size cold boiled potatoes in cubes, add a little salt and pepper, two small onions chopped very fine, one tablespoon of salad oil, half a tablespoon of vinegar, one tablespoon of chopped parsley, and mix all together. Serve on a crisp leaf of lettuce.

## MARQUISE SALAD

Prepare same as potato onion salad with the addition of two hard-boiled eggs chopped and mixed with one cup of mayonnaise instead of the oil and vinegar.

### POTATO CELERY SALAD

Two cups of boiled potatoes cut in cubes, one cup of celery chopped fine, a small apple peeled and chopped fine. Mix with French dressing, and serve on a crisp leaf of lettuce with a little chopped parsley sprinkled on top.

### WALDORF SALAD

Mix together one cup chopped apples, one cup cut celery, one-quarter cup mayonnaise dressing. Cut the top from nice red apples, scoop out the pulp with a spoon, fill the apple with the mixture, place on a crisp leaf of lettuce, decorate with strips of pimiento and curled celery.

### SALAD À L'AREMBERG

Prepare same as Waldorf salad, filling a pear instead of an apple.

### SALAD ROMAINE

Cut a romaine in four parts, first cutting in two, then each part in two again. Put one tourth on a salad plate, and place on top of the romaine, a section of grapefruit, and a section of orange. Serve with French dressing.

### SALMON SALAD À LA RUSSE

Cut into cubes one cup boiled salmon, add half a cup of shrimps, one small pickle sliced very thin, one cup boiled asparagus tips, half a cup of green peas; add salt and pepper and mix well together with one cup of mayonnaise sauce. Serve one-quarter cup of this combination on a crisp lettuce leaf and place on it half a hard-boiled egg, cut in two, with two shrimps, one on each side of the egg.

### SHRIMP SALAD MACEDOINE

Mix together one cup of shrimps cut in two, one cup of sliced boiled carrots, one cup of boiled green peas, a cup of celery, cut in small pieces, and half a cup of mayonnaise. Mix well. Serve a quarter of a cup on a crisp lettuce leaf. Press one shrimp on each side of the dome, and cover with one tablespoon of mayonnaise thinned down with a little cream.

### SALAD PARISIENNE

Mix together one cup boiled green peas, one cup string beans, cut in pieces, two boiled truffles sliced very thin, and one-quarter cup mayonnaise. Serve on a crisp lettuce leaf, and decorate with one slice of tomato cut in two, and half a hard-boiled egg cut in two. Serve with a French dressing mixed with half a hard-boiled egg chopped fine.

### LOBSTER SALAD À LA ROYAL

Prepare a salad Parisienne, mixed with one cup of lobster cut into small pieces.

Set aside some nice tiny slices of the lobster meat, and keep the lobster shell very clean. When the salad Parisienne and lobster are mixed, place the lobster shell on a bed of lettuce, fill the shell with the salad, arrange slices of the lobster on top of the salad, and serve with a mayonnaise sauce separate.

### SALAD À LA RUSSE

Cut in squares one-quarter cup of chicken meat (the white preferred). Mix this with one-quarter cup of shrimps, one small pickle sliced very thin, one-quarter cup asparagus tips, one-quarter cup green peas, one cup of

mayonnaise, salt and pepper. Serve one-quarter of a cup on a crisp lettuce leaf.

### SALAD RAVIGOTE

Take two cups of chicken meat, cut up in small pieces, add a little salt and pepper, a teaspoon of mustard, one tablespoon of salad oil, one-half tablespoon vinegar, one cup of celery cut in small pieces, one cup mayonnaise sauce, and mix all well together. Serve one-quarter cup of this on a nice crisp lettuce leaf, decorated around with one hard-boiled egg cut in four pieces, one teaspoon of boiled green peas and sliced carrots between the eggs, and cover the chicken combination with a tablespoon of mayonnaise.

### CHICKEN SALAD

Dice one cup of chicken meat and mix well with one cup of celery, cut in small pieces, and half a cup of mayonnaise. Place one-quarter cup on a nice crisp lettuce leaf, decorate around with asparagus tips and sliced stuffed olives, and serve with mayonnaise.

### CHICKEN SALAD À LA SUPRÊME

Mix well together one cup of chopped chicken, one cup of chopped veal, one cup of celery cut in small pieces, one-quarter cup chopped walnut meats, one-half cup of mayonnaise, and a little salt and pepper. Serve on crisp lettuce leaf, with an olive on top.

### SALAD D'ARDENNE

Mix well together half a cup of chopped carrots, one cup of shredded cabbage, two small chopped onions, one cup sliced cold boiled potatoes, one-quarter cup chopped celery. Add salt and pepper mixed in two tablespoons

salad oil, one tablespoon vinegar, one teaspoon mustard, and mix all well together, and serve on a crisp lettuce leaf.

### COLE SLAW SALAD

Take a small cabbage, remove the outside leaves, cut the cabbage in quarters with a sharp knife, slice very thin, soak in cold water until crisp, drain, dry, and mix with cream salad dressing à la Parisienne.

## SALAD DRESSINGS

### FRENCH DRESSING

One teaspoon salt, half a teaspoon pepper, one-quarter cup vinegar, half a cup of olive oil. Put the ingredients in a small bowl, and beat thoroughly with a fork. One teaspoon of mustard improves the flavor.

### CREAM DRESSING À LA PARISIENNE

Mix together half a cup of mayonnaise sauce and half a cup of unbeaten cream. When well mixed, add the juice of half a lemon.

### CREAM FRENCH DRESSING

Add to the French dressing half a cup of whipped cream.

### MAYONNAISE DRESSING

Place in a bowl half a teaspoon of dry mustard, half a teaspoon of salt, a little pepper, the yolk of one egg, and beat well with a whip; then add one tablespoon vinegar, and mix well. Measure three-quarters of a cup of salad oil. Add a little of the oil, beating all the time; then add

a little oil at a time, until it forms a thick cream; then add the rest of the oil, and the juice of one-quarter of a lemon.

### RUSSIAN DRESSING

Using well chilled ingredients, take one cup mayonnaise dressing, half a cup of chili sauce, a small piece of celery chopped very fine, one-quarter of a pimiento chopped fine, one-quarter of a green pepper chopped fine, and mix well together.

### THOUSAND ISLANDS DRESSING

Whip one-quarter cup of cream and mix with Russian dressing.

### MAYONNAISE PIQUANTE DRESSING

Chop two olives and one pickle very fine, and mix with one cup of mayonnaise sauce.

### VINAIGRETTE DRESSING

Mix well together in the following order one teaspoon salt, a little paprika, a little pepper, one tablespoon tarragon vinegar, two tablespoons cider vinegar, one-third cup of salad oil, one pickle chopped very fine, one-quarter of a green pepper chopped fine, and a little chopped parsley.

The yolk of a hard-boiled egg chopped fine may also be added.

### ROQUEFORT DRESSING

Add to one-quarter cup of mayonnaise dressing, two tablespoons roquefort cheese, broken in very small pieces,

and one teaspoon Worcestershire sauce; add enough French dressing to make it of the right consistency.

## HARD BOILED EGGS

For salads and dressings, boil the eggs twenty minutes, and cool off in cold water.

# PART IX

# ICE CREAMS AND FROZEN DESSERTS

Ice Creams, French Ice Creams, American Ice Creams, Water Ices, Sherbets, Frozen Desserts, Coupes, Mousses, Parfaits, Fruits served with Ice Creams.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# ICE CREAMS

The making of ice cream is not a difficult process, and the principal reason for failure is carelessness in the scaling and measuring of ingredients.

When making ice cream, use a good grade of cream, fresh eggs, and fresh fruit when possible.

There are two kinds of ice cream, the French and the American. The French ice cream is made from cream, milk, sugar and eggs, and is cooked, or rather heated to a certain degree. The American ice cream is uncooked, and no eggs are used in its preparation.

Ices, which are often sold as sherbets, are a preparation from water, sugar, and fruit juice or pulp, and are frozen until firm.

Sherbets are ices which are frozen, and then diluted to a mush with wine, champagne, liqueur, or spirits. They are served semi-frozen, in the middle of a dinner, just before the roast. Sherbets are often referred to as frappés, granits, etc.

To freeze ice cream and ices, take an ice-cream freezer; place the ingredients in the can, then the can in the wooden tub; fasten the cover on, and adjust the top. Give a turn of the crank to make sure the can fits in the socket, then put some cracked or crushed ice and salt on top, and around the can, using six pounds of ice, and one pound of salt (rock salt or freezing salt will give the best results). Crush the ice in a burlap bag, with a wooden mallet or an axe, then mix in the salt. Press this ice

around the can, using a broomstick to press it down. When ice is placed on the top, add a little extra salt, and start to turn the crank, and turn until the cream is frozen. You will feel the cream getting stiffer and stiffer in the way the turning of the crank is becoming more and more difficult.

When the cream is frozen, remove the water from the ice, and pack with more ice and salt, to keep until ready to serve. You may repack again, and keep for supper, or until the next day.

Never fill the can more than half full with the ingredients, as ice cream expands a great deal while freezing. One quart of ingredients will give you approximately two quarts of cream.

When freezing ices, add more salt to the ice for freezing.

## FRENCH ICE CREAM

### VANILLA ICE CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cream | = 1 Pint |
| 2 Cups milk | = 1 Pint |
| 1 Cup granulated sugar | = 8 Ounces |
| 6 Yolks of eggs | = 6 Egg yolks |
| 1 Tablespoon vanilla extract | = ½ Ounce |

Boil the milk and cream with half of the sugar; beat the egg yolks with the rest of the sugar, using a whip. When the milk boils, add gradually to the eggs, stirring well; strain and cool. When cold, add the vanilla, and freeze.

NOTE: All cream may be used, if desired.

## COFFEE ICE CREAM

Prepare the same as for vanilla ice cream, boiling two cups of strong black coffee with the cream instead of using the milk, and using no vanilla. Freeze when cold.

## CHOCOLATE ICE CREAM

Prepare the same as for vanilla ice cream, adding, while hot, two squares (or two ounces) of bitter chocolate melted with one tablespoon of sugar and a little hot milk. Mix well with the ingredients, and strain. Freeze when cold.

## STRAWBERRY ICE CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cream | = 1 Pint |
| ¾ Cup sugar | = 6 Ounces |
| 2 Cups strawberry juice | = 1 Pint |
| 4 Yolks of eggs | = 4 Yolks |

Boil the cream with half of the sugar; beat the eggs with the rest of the sugar. When the cream boils, add gradually to the eggs, stirring all the time. Strain and cool. When cold, add the strawberry juice, and freeze.

Press enough fresh strawberries through a strainer to make two cups. A few drops of red coloring may be added.

## PEACH ICE CREAM

Prepare the same as for strawberry ice cream, using peaches instead of strawberries, and freeze. A drop of yellow coloring may be added.

## MAPLE ICE CREAM

Prepare the same as for vanilla ice cream, using half maple sugar and half granulated sugar, and using no vanilla.

### BUTTERSCOTCH ICE CREAM

Prepare the same as for vanilla ice cream, using brown sugar instead of granulated sugar, and add one tablespoon (or half an ounce) of butter while the mixture is hot. Use no vanilla.

## AMERICAN ICE CREAM (PHILADELPHIA)

### VANILLA ICE CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups light cream | = 1 Quart |
| 1 Cup powdered sugar | = 6 Ounces |
| 1 Tablespoon vanilla | = ½ Ounce |

Mix cream, sugar, and vanilla, and let stand for one hour. Strain, and freeze.

### COFFEE ICE CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cream | = 1 Pint |
| 2 Cups milk | = 1 Pint |
| ½ Cup ground coffee | = 2 Ounces |
| 1 Cup powdered sugar | = 6 Ounces |

Bring the milk to a boil, add the coffee, let stand for thirty minutes, and strain through cheesecloth. Add the coffee, milk with cream, and sugar, and let stand for one hour. Strain, and freeze.

### BUTTERSCOTCH ICE CREAM

Prepare the same as for vanilla ice cream, using brown sugar instead of powdered sugar. Use no vanilla.

## CHOCOLATE ICE CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Cups cream | = 1½ Pints |
| 1 Cup milk | = ½ Pint |
| 1 Cup granulated sugar | = 8 Ounces |
| 2 Squares bitter chocolate | = 2 Ounces |
| 1 Tablespoon vanilla | = ½ Ounce |

Boil the milk, dissolve the chocolate and sugar with the hot milk, and strain. Mix with the cream and vanilla, and freeze.

## STRAWBERRY ICE CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Cups cream | = 1½ Pints |
| 2 Cups chopped strawberries | = 1 Pint |
| 1 Cup powdered sugar | = 6 Ounces |

Mix the cream and the sugar, and let stand until dissolved. Then add the chopped strawberries and a few drops of red coloring, and freeze.

## PEACH ICE CREAM

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Cups cream | = 1½ Pints |
| 1 Cup powdered sugar | = 6 Ounces |
| 2 Cups chopped peaches | = 1 Pint |

Take some nice ripe fresh peaches, remove the skins and the pits, and chop peaches to make two cups (or one pint). Add the sugar to the peaches, and let stand for one hour, then add the cream, mix well, and freeze.

When canned peaches are used, take a pint can, with juice and all; use only a quarter cup of sugar (or 1½ ounces).

### MAPLE ICE CREAM

Prepare the same as for vanilla ice cream, using half maple sugar, and half powdered sugar. Do not add any vanilla.

### TUTTI FRUTTI ICE CREAM

Prepare and freeze a vanilla ice cream. When half frozen, add four maraschino cherries cut in small pieces, a quarter of a cup of muscat seeded raisins, and a quarter of a cup of chopped walnut meats, and finish freezing.

### WALNUT ICE CREAM

Freeze a vanilla ice cream. When half frozen, add one cup of chopped walnut meats mixed with a quarter of a cup of black coffee, and two tablespoons of powdered sugar, and finish freezing.

## WATER ICES

### LEMON ICE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Lemons | = 4 Lemons |
| 2¼ Cups granulated sugar | = 18 Ounces |
| 4 Cups water | = 1 Quart |

Boil the water. When boiling, pour over the sugar and add the grated rinds of the lemons, and cool, stirring from time to time. When cold, add the juice of the lemons, strain, and freeze.

### ORANGE ICE

Prepare the same as for lemon ice, using three oranges and one lemon, and one tablespoon of sugar extra. Add a few drops of orange coloring, and freeze.

## APRICOT ICE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups apricots | = 1 Pint |
| 2 Cups hot water | = 1 Pint |
| 1 Lemon | = 1 Lemon |
| 1 Tablespoon corn syrup | = 1 Tablespoon |
| ½ Cup sugar | = 4 Ounces |

Strain a pint can of apricots, juice and all; add the sugar, corn syrup, rind and juice of the lemon, water, and a drop of red coloring. Strain, and freeze.

## PINEAPPLE ICE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups grated pineapple | = 1 Pint |
| 4 Cups hot water | = 1 Quart |
| 1 Lemon | = 1 Lemon |
| ½ Orange | = ½ Orange |
| 2½ Cups powdered sugar | = 1 Pound |

Add the sugar to the hot water, then add the rind and juice of a lemon and half an orange, and strain. Then add the pineapple, and freeze.

NOTE: The pineapple may be strained and the juice only used, instead of pulp and juice.

## PEACH ICE

Prepare the same as for apricot ice, using peaches instead of apricots.

NOTE: Ices may be made lighter and smoother by adding, when half frozen, the white of one egg beaten stiff with one tablespoon of powdered sugar. Then finish freezing. This is for lemon, orange, or pineapple ice. For apricot or peach ice, add two tablespoons of whipped cream sweetened with one tablespoon of powdered sugar.

## SHERBETS

### CHAMPAGNE SHERBET

Mix together four cups (or one quart) of frozen orange ice with one cup (or a half pint) of champagne. Mix well, and serve in sherbet glasses with a little champagne poured on top.

Sherbet Porto, Madeira, Samos, Xérès, Pedro Jimenez, Marsala, Frontignan, and Chablis are all made the same as Champagne Sherbet.

The liqueur sherbets, as Rum, Brandy, Kirsch, Benedictine, Chartreuse, etc., are made by using lemon ice instead of orange ice, and using a half cup of liqueur to four cups of the lemon ice.

## FROZEN DESSERTS

Some of these are frozen in moulds by packing the cream in brick moulds, or melon-shaped moulds. Place on top a buttered paper, the buttered side up, so that the cover will touch the butter. Fill the moulds full, then press the cover on very tight, and pack in ice and salt. Have the mould well covered with the ice and salt; if necessary, repack. Let it freeze for three hours, then remove from the ice, wash the moulds in running water, remove the cover, and see if the cream is firm; if so, dip the mould in lukewarm water, then give a sharp jerk with the hand, and the ice cream will slide out. Place on a platter with a napkin underneath, and serve.

### CARACAS ICE CREAM

Fill a quart brick mould half full of chocolate ice cream, then fill the rest of the mould with vanilla ice cream.

Place a buttered paper on top, put cover on, and pack in ice and salt. Freeze for three hours. Remove from the mould, cut in six portions, place the cream in an ice cream dish, and serve with a chocolate fudge sauce (see Sweet Sauces).

NOTE: All vanilla, or all chocolate ice cream may be used.

### CHARLOTTE GLACÉ PANACHÉ

Trim the required number of lady fingers and with them line the sides of individual charlotte moulds; then fill up the moulds with vanilla ice cream and strawberry ice cream in equal portions. Turn out on a dessert plate, decorate with whipped cream around it, and serve.

NOTE: This may be made in large forms, and may be made with vanilla ice cream, when it is called charlotte glacé vanilla, or with any other flavor.

### MACAROON BISQUE

Mix together 3 cups of vanilla ice cream, one cup of whipped cream, and 4 tablespoons of powdered sugar. Add 12 crushed macaroons, and freeze in brick form. When frozen, cut in six portions, and serve with vanilla mousseline sauce (see Sweet Sauces).

### NESSELRODE ICE CREAM

Add to tutti frutti ice cream one cup of broken glacéed chestnuts, and freeze in brick forms. Cut in six portions. Serve on dessert plate, decorated with whipped cream and with a chestnut on top.

### SNOWBALL ICE CREAM

Roll a large spoonful of vanilla ice cream, frozen firm, in shredded sweet, fresh coconut, and serve.

### SPUMONI ICE CREAM

Line a melon or bomb shaped mould with vanilla ice cream, then add a coating of chocolate ice cream, and fill the center with a vanilla ice cream mixed with chopped maraschino cherries, walnut meats, and raisins, and freeze. When frozen, remove from the mould, and serve on a folded napkin.

## COUPES

Coupes are very simple to make and to serve. They are classed as a luxury, and very high prices are charged for them in first class hotels and restaurants.

To serve this dessert, you may procure a quart of ice cream from a drug store, or an ice cream parlor See that the ice cream is firm, and then in two minutes you will have ready six or eight 75-cent desserts.

### COUPE ANTIGNY

Fill five coupe glasses half full with sliced fresh or canned peaches, then place on top a round ball of strawberry ice cream. Decorate with whipped cream around the ice cream, and serve. One pint of ice cream will make the five coupes.

NOTE: Prepare the glasses with the fruit and place in ice-box to chill; then you may send after the ice cream.

### COUPE AREMBERG

Prepare five coupe glasses half filled with sliced ripe pears, and place in ice-box to chill. When ready to serve, have one pint of pineapple water ice, and divide on top of

the coupes. Place a slice of pear on top of the pineapple ice, and serve decorated with a little whipped cream.

### COUPE COMTESSE

Prepare five coupe glasses, half filled with sliced peaches. Pour over the peaches two tablespoons of Melba sauce. Take one pint of vanilla ice cream, and place in equal portions on top of the peaches. Put a slice of peach on top, and serve.

### COUPE MARIE-LOUISE

Fill five coupe glasses half full of fresh strawberries. Sprinkle with sugar, place a portion of strawberry ice cream on top, decorate with whipped cream around the ice cream, and place a nice strawberry on top of the ice cream.

### COUPE ST. JACQUES

Fill five coupe glasses half full with mixed fruit, composed of oranges, bananas, pears, apples and pineapples cut into dice, and sprinkle with sugar. Then place on top a spoonful of lemon water ice and a spoonful of strawberry ice cream, one flavor next to the other. Place a slice of the orange between the water ice and the ice cream, and serve.

## MOUSSES

Mousses are frozen desserts, made with different flavors, frozen in brick form, and cut in slices and served with a sauce, or with whipped cream.

## VANILLA MOUSSE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups cream | = 1 Pint |
| ½ Cup sugar | = 4 Ounces |
| 2 Yolks of eggs | = 2 Egg yolks |
| 1 Tablespoon vanilla | = ½ Ounce |
| ½ Cup water | = ¼ Pint |

Boil the water and sugar together for two minutes, then pour slowly on the eggs, beating continually with a whip. When all the syrup is added, keep on beating until cold. When cold, mix well with the cream beaten firm, and the vanilla. Fill brick moulds covered with buttered paper, and freeze. When firm, unmould and cut in six portions. Serve with whipped cream.

## COFFEE MOUSSE

Make same as vanilla mousse, using strong black coffee to boil with the sugar, instead of the water. When frozen, cut, and serve with whipped cream.

## MOUSSE HÉLÈNE

Cut a vanilla mousse, and serve with a hot chocolate fudge sauce (see Sweet Sauces).

## MOUSSE MELBA

Serve a vanilla mousse in an ice cream dish or plate covered with Melba sauce (see Sweet Sauces).

## STRAWBERRY MOUSSE

Dissolve a cup of powdered sugar in one cup of crushed strawberries, then add two cups of cream, whipped firm.

Mix well, and add a little red coloring. Freeze in brick mould. When frozen, cut, and serve with whipped cream.

### MOUSSE HERICART

Serve a strawberry mousse with Melba sauce.

### PEACH MOUSSE

Prepare the same as for strawberry mousse, using peaches instead of strawberries.

### MOUSSE MONTELIMAR

Mix in the vanilla mousse two cups of the following: chopped walnut meats, chopped almonds, maraschino cherries cut in half and dried, and a few raisins. Freeze, and serve with whipped cream.

## PARFAITS

### CAFÉ PARFAIT

Mix two parts of coffee ice cream with two parts of whipped cream, and a quarter of a cup of black coffee with a quarter of a cup of sugar (or two ounces). Melt the sugar in the coffee, add the coffee to the whipped cream, and mix with ice cream and freeze again. Serve in parfait glasses with whipped cream on top.

In most places they serve plain ice cream in the glasses, with whipped cream only.

### PARFAIT D'ORLEANS

Fill a parfait glass with alternating layers of vanilla ice cream, strawberry ice cream, and a mixture of chopped fruits. Decorate the top with whipped cream, and serve.

### PARFAIT MELBA

Pour two tablespoons of Melba sauce into parfait glasses, and turn each glass round and round until it becomes completely lined with the sauce. Then fill the glasses with vanilla ice cream, and serve with whipped cream on top.

### PARFAIT CŶRANO

Pour one tablespoon of bar-le-duc into a parfait glass, and turn round and round until the glass is lined with bar-le-duc, then fill with alternating layers of vanilla ice cream and bar-le-duc. Decorate the top with whipped cream, with a maraschino cherry on top, and serve.

### PARFAIT NOUGAT

Roll some vanilla ice cream in finely crushed peanut brittle, then press into a parfait glass, filling it three-quarters full. Put on top some whipped cream and sprinkle peanut brittle over it.

## FRUITS SERVED WITH ICE CREAM

There are many different ways of serving fruits with ice cream. These desserts are very appetizing, and they make a delicious combination at a very moderate cost.

### PEACH MELBA

Place in a dish a portion of vanilla ice cream. Put on top half of a canned peach drained from the syrup, and

cover all over with Melba sauce (see Sweet Sauces). Sprinkle sliced almonds on top.

### PEACH ORLOFF

Serve the same way as peach Melba, decorating with whipped cream instead of covering with Melba sauce, and sprinkle crushed macaroons on top.

### PEACH POMPADOUR

Place in a dish a portion of orange water ice. Put half of a canned peach on top, and cover with Melba sauce.

### PEACH MARIE-LOUISE

Place in a dish a portion of strawberry ice cream. Put on top half of a canned peach, and cover with a delna sauce (see Sweet Sauces). Sprinkle chopped walnuts on top, and serve.

### PEACH LIZZIE

Place a portion of lemon water ice in a dish. Put half of a canned peach on this, and cover with apricot sauce (see Sweet Sauces). Sprinkle a few sliced almonds on top and decorate with muscat grapes, and serve.

### PEACH CARDINAL

Place a portion of pineapple water ice in a dish. Put half of a canned peach on this, and cover with Melba sauce (see Sweet Sauces). Sprinkle crushed candied violets on top, and serve.

### PEACH ALEXANDRIA

Place in a dish a portion of vanilla ice cream. Put on top half of a canned peach, cover all over with a chocolate sauce, and serve.

NOTE: Pears are served in the same way, using half of a pear instead of the peach. Or two preserved figs may be used, for fig Melba, etc.

### STRAWBERRY MELBA

Fill a dish half full of nice ripe strawberries, washed and hulled, and sprinkle with a little sugar. Place on top of the berries a portion of vanilla ice cream, cover the ice cream with Melba sauce (see Sweet Sauces), then sprinkle sliced almonds on top, and serve.

NOTE: For Strawberry Orloff, etc., follow the same directions as for peach, using strawberries instead of peach, placing the ice cream on top of the berries, and covering the ice cream with the sauces and garnish. Raspberries are served in the same way as strawberries.

# PART X

## SANDWICHES, FRUIT PUNCHES AND JAMS

SANDWICHES, COCKTAILS, FRUIT COUPES, FRUIT PUNCHES, CONFECTIONERY, FUDGE, CARAMELS, ETC., PURE FRUIT JAMS, JELLIES, AND MARMALADES.

---

*Wherever practicable, all recipes in this book are for quantities for four persons.*

# SANDWICHES

There is nothing so handy and convenient as sandwiches for a picnic, camping, fishing or an outing in the country in the family automobile.

For bridge parties, prepare your sandwiches, put them on a platter, cover with a damp cloth to prevent their getting dry, and place in the ice-box. Serve them when called for.

Sandwiches are very simple, nothing but buttered bread, a slice of cheese, ham, or chicken. Lettuce, mayonnaise sauce, cream cheese, etc., are used in combinations to make different kinds of sandwiches, and if you like to prepare them, you will be able to combine many different kinds from your own original ideas.

I will describe a few, merely as a guide to show you what can be done in the way of variety.

## SANDWICH HENRIETTE

Mix some Roquefort cheese with the cream from the top of fresh milk, to make it soft, so that it will spread well. Add to this a ripe olive and a little celery, chopped very fine, then mix well together. Spread on thin slices of white bread, press a leaf of lettuce between the two slices, and cut in two crosswise.

These may also be made in three-deckers and served garnished with lettuce.

### AMERICAN COMBINATION SANDWICH

Chop very fine six dates, six almonds, one slice of American cheese; add the juice of one lemon, mix well and add a little mayonnaise sauce. Spread on bread sliced thin, placing two slices together with a lettuce leaf between.

### WESTPHALIAN SANDWICH

Cut thin two slices of rye bread, spread with butter; cut a very thin slice of ham and a thin slice of chicken, add a little salt to the chicken meat, place these two meats between the two slices of rye bread.

### MY FAVORITE SANDWICH

Cut two slices of rye or whole wheat bread. Spread one slice of the bread with cream cheese, the other with olive relish. Sprinkle some very finely chopped nuts on the relish and press the two slices together.

### SANDWICH À LA MARTHA

Take half a cup of cream cheese and thin down with one tablespoon of milk. Mix well with a fork, then add a little Canton ginger root chopped very fine, and six almonds, and mix well; add salt and paprika to season, and mix thoroughly. Spread this combination between buttered toast and serve.

### FAMILY STYLE SANDWICH

Take two slices of whole wheat bread; spread one slice with a cold left-over gravy, mixed with turkey or chicken dressing; on the other slice spread some cranberry sauce; place the two slices together.

### MA SANDWICH

Butter two slices of whole wheat or white bread; place one slice of left-over meat on top of one slice of the bread; over this place two very thin slices of tomato; sprinkle with salt, and place the other slice of bread on top.

### HEALTH SANDWICH

Take two slices buttered toast, place on one two thin slices of tomato; over this place a cream made from two tablespoons cottage cheese, mixed with a little watercress, and one olive chopped very fine. Place the other slice of toast on top.

### SHRIMP SANDWICH

Take two slices buttered toast, spread a mayonnaise sauce, mixed with finely chopped green peppers, on both slices, and put together with shrimp, cut lengthwise, between.

### LEGHORN SANDWICH

Cut two pieces of bread in round shapes and toast. When toasted, spread some butter on both slices and place a fried egg, sprinkled with finely chopped onions, between. Serve on a lettuce leaf.

### LOBSTER SANDWICH

Spread two pieces of toast with mayonnaise sauce, and place between them thinly sliced boiled lobster, with a leaf of lettuce, and a hard-boiled egg chopped fine.

### LETTUCE SANDWICH

Take two thinly cut slices of white bread and spread with butter. Take a leaf of lettuce, washed and well dried, and place a tablespoon of mayonnaise sauce on top, and press between the two slices of bread.

NOTE: All these sandwiches may be cut for tea parties or be served as canapés by cutting each one in four squares, or any other fancy shape desired.

## FRUIT COCKTAILS AND COUPES

### CANTALOUPE SUPRÊME

Cut a cantaloupe in halves, remove seeds and stringy particles, and shape into balls, using a French potato ball cutter. Arrange in double coupe glasses, with crushed ice in the other glass. Sprinkle with a little sugar, and pour over the fruit a little maraschino, or orange juice. Serve very cold.

### FRUIT CUP GEORGETTE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Bananas | = 2 Bananas |
| 1 Orange | = 1 Orange |
| ½ Cup crushed pineapple | = ¼ Pint |
| ½ Cup Malaga grapes | = ¼ Pound |
| ½ Cup sugar | = 4 Ounces |

Take two ripe sliced bananas, the sugar, the sections of the orange, the crushed pineapple, and the grapes peeled and seeded, and mix well together and chill. Place in fruit cups, and serve with a maraschino cherry on top.

## SOUTH SEA ISLAND FRUIT CUP

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup grated coconut | = ½ Pint |
| 1 Cup pineapple cubes | = ½ Pint |
| ½ Cup sugar | = 4 Ounces |
| 1 Pear | = 1 Pear |
| 1 Orange | = 1 Orange |
| 2 Bananas | = 2 Bananas |

Cut bananas in slices, pineapple and pear in cubes, separate orange into sections, add sugar, and mix well; then add the coconut. Mix all together, add half a tablespoon of pineapple juice to each glass, and serve very cold.

## TROPICAL FRUIT CUP

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Ripe bananas | = 2 Bananas |
| ½ Cup crushed pineapple | = ¼ Pint |
| 1 Cup raspberries or strawberries | = ½ Pint |
| ½ Cup powdered sugar | = 3 Ounces |
| 1 Cup cream | = ½ Pint |
| ½ Cup pecan nuts | = 2 Ounces |

Arrange in the bottom of the fruit cups a layer of pineapple and sprinkle with sugar; then a layer of thinly sliced banana, also sprinkled with sugar; then a layer of raspberries or strawberries sprinkled with sugar. Whip the cream, chop the nuts, and mix both together with the rest of the sugar, and heap on top of the raspberries. Serve very cold.

## GRAPEFRUIT CUP

Cut grapefruit in sections, and arrange the sections in glasses. Sprinkle sugar on top, and place a sprig of mint in the center. Serve very cold.

# FISH COCKTAILS

## LOBSTER COCKTAIL

Cut in pieces enough lobster meat to make one cup (or half a pint). Mix together four tablespoons tomato catsup, and two tablespoons cherry wine for sauces, one tablespoon lemon juice, a few drops tabasco sauce, and salt to taste. Mix well, add the lobster, and mix all together. Serve very cold in cocktail glasses placed in cracked ice.

## SHRIMP COCKTAIL

Prepare same as lobster cocktail, using one cup of shrimp instead of lobster.

# FRUIT PUNCHES

## PLAIN FRUIT PUNCH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups water | = 1 Quart |
| 1 Cup sugar | = 8 Ounces |
| 1 Cup chopped fresh pineapple | = ½ Pint |
| 4 Lemons | = 4 Lemons |
| 4 Oranges | = 4 Oranges |
| 6 Cups cracked ice | = 1½ Quarts |

Boil the water and sugar, then remove from the fire and add the chopped pineapple, the juice of three lemons, and the juice of three oranges, and one orange and one lemon thinly sliced. When cold, add the cracked ice and place in a punch bowl and serve.

## PUNCH GERMAINE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups of grape juice | = 1 Pint |
| 2 Cups sweet cider | = 1 Pint |
| 1 Cup grapefruit juice | = ½ Pint |
| 3 Cups water | = 1½ Pints |
| 3 Lemons | = 3 Lemons |
| ½ Teaspoon grated nutmeg | = ½ Teaspoon |
| 1 Cup sugar | = 8 Ounces |
| 4 Cups ginger ale | = 1 Quart |
| 12 Cups cracked ice | = 3 Quarts |

Boil the water, sugar, and nutmeg together, then strain through a napkin or muslin cloth; add the grape juice, cider, grapefruit juice, and the ginger ale; then the lemons thinly sliced. Place in a punch bowl with the cracked ice. Serve when very cold.

## MINT JULEP PUNCH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Bunch fresh mint | = ½ Bunch |
| 3 Lemons | = 3 Lemons |
| 1 Cup sugar | = 8 Ounces |
| 1 Cup water | = ½ Pint |
| 4 Cups ginger ale | = 1 Quart |
| 12 Blanched almonds | = 12 Almonds |
| 12 Maraschino cherries | = 12 Cherries |

Squeeze the juice from the lemons, add the leaves of the mint, the sugar and water, and let stand for one hour, then add the ginger ale, the almonds thinly sliced, and the cherries cut in four pieces, and pour this over eight cups of cracked ice (or two quarts), and serve.

## LOGANBERRY PUNCH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups loganberry juice | = 1 Quart |
| 1 Cup hot water | = ½ Pint |
| ½ Cup sugar | = 4 Ounces |
| 2 Lemons | = 2 Lemons |
| 1 Orange | = 1 Orange |
| 4 Fresh mint leaves | = 4 Leaves |
| 6 Cups cold water | = 1½ Quarts |
| 6 Cups cracked ice | = 1½ Quarts |

Dissolve the sugar in hot water, and mix with cold water and cracked ice; then add the loganberry juice, the lemons and orange thinly sliced, and the mint leaves. Place in punch bowl and serve.

## TEA AND FRUIT PUNCH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Tablespoons tea | = 2 Tablespoons |
| 2 Cups sugar | = 1 Pound |
| ½ Cup orange juice | = ¼ Pint |
| 4 Lemons | = 4 Lemons |
| 3 Oranges | = 3 Oranges |
| 4 Cups ginger ale | = 1 Quart |
| 2 Cups water | = 1 Pint |
| 6 Maraschino cherries | = 6 Cherries |

Boil the water, add the tea and sugar, and let stand for half a minute, then strain. Add the orange juice and the juice of the lemons, and the oranges thinly sliced, the cherries each cut in four parts, and the ginger ale. Pour this over eight cups (or two quarts) of cracked ice in a punch bowl.

## PINEAPPLE PUNCH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 4 Cups water | = 1 Quart |
| 4 Cups grated pineapple | = 1 Quart |
| 2 Cups sugar | = 1 Pound |
| 4 Lemons | = 4 Lemons |

Boil water, and sugar, then add pineapple, and bring to a boil again; remove from fire and let stand until cool; when cool strain and add the juice of two lemons. Slice the other two very thin, place in punch bowl and add eight cups (or two quarts) of cracked ice. Serve when very cold.

## ORANGEADE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 5 Oranges | = 5 Oranges |
| 1 Lemon | = 1 Lemon |
| ½ Cup sugar | = 4 Ounces |
| 4 Cups water | = 1 Quart |

Dissolve the sugar in water, add the juice of four oranges, and the lemon. Strain, add one orange, thinly sliced, and serve with cracked ice.

## LEMONADE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| ½ Cup sugar | = 4 Ounces |
| 1 Cup hot water | = ½ Pint |
| 4 Cups of cold water | = 1 Quart |
| 1 Lemon sliced very thin | = 1 Lemon |
| The rind of 1 lemon | |
| The juice of 4 lemons | |

Dissolve sugar in hot water, add the rind of the lemon, and cool. When cool, add the juice of the four lemons

and the cold water and strain. Serve in glasses with cracked ice and a slice of the lemon.

### ROYAL LEMONADE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup lemon juice | = ½ Pint |
| 2 Cups sugar | = 1 Pound |
| 8 Cups water | = 2 Quarts |
| 1 Orange | = 1 Orange |
| 1 Cup of fresh pineapple cut in small cubes | = ½ Pint |
| 8 Cups cracked ice | = 2 Quarts |

Boil the water, add sugar, lemon juice, pineapple, and orange thinly sliced, and cool. When cold, add the ice and serve.

## CONFECTIONS

### BUTTERSCOTCH

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups brown sugar | = 14 Ounces |
| ½ Cup butter | = 4 Ounces |
| 1½ Cups water | = ¾ Pint |
| ¼ Cup molasses | = 3 Ounces |
| 1 Tablespoon vinegar | = 1 Tablespoon |

Boil sugar, molasses, vinegar, and water together for two minutes, then add the butter and keep on boiling, without stirring, until mixture becomes brittle when tried in cold water. Pour into a buttered pan, when nearly cool; cut with a sharp knife.

## BUTTER TAFFY

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups sugar | = 1 Pound |
| ¼ Cup molasses | = 3 Ounces |
| 1 Cup water | = ½ Pint |
| ¼ Cup butter | = 2 Ounces |

Cook same as butterscotch.

## CANDIED POPCORN

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 1 Cup sugar | = 8 Ounces |
| ½ Cup maple syrup | = ¼ Pint |
| 1 Tablespoon butter | = ½ Ounce |
| ½ Cup water | = ¼ Pint |
| 3 Quarts of hot popped corn | = 3 Quarts |

Boil the sugar, water, and syrup, for two minutes, then add the butter and boil until it spins a long thread. Pour this on the corn, which is warmed in the oven beforehand. Mix well and shape in round patties or balls.

## CHOCOLATE FUDGE

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups sugar | = 1 Pound |
| ½ Cup milk | = ¼ Pint |
| 1 Cup cream | = ½ Pint |
| 4 Tablespoons cocoa or unsweetened chocolate | = 2 Ounces |
| 1 Teaspoon vanilla extract | = 1 Teaspoon |
| 2 Tablespoons corn syrup | = 2 Tablespoons |

Boil together in a sauce-pan sugar, milk, and cream, stirring from time to time. When boiling, add the chocolate and syrup, and cook until it forms a soft ball when

tested in cold water. Take from fire, add the vanilla, cool, and stir until creamy. Pour into a buttered plate and cut into squares when firm.

### FUDGE WITH NUTS

Prepare same as chocolate fudge. When creamy, mix in half a cup of walnut meats, just before pouring in the buttered plate or pan.

### SOFT CARAMELS

Caramels should always be soft and creamy, and never hard, sticky or pully, like many which are sold to-day under the name of caramels.

### VANILLA CARAMELS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 2 Cups of sugar | = 1 Pound |
| ½ Cup of corn syrup | = ¼ Pint |
| 2 Cups cream | = 1 Pint |
| 2 Teaspoons vanilla | = 2 Teaspoons |

Put in a sauce-pan the sugar, cream, and corn syrup, and boil, stirring all the time. Cook until a firm ball is formed when tried in cold water; then add vanilla and pour into a buttered pan. Cool, mark in small squares, and cut the next day.

NOTE: Half milk and half cream may be used, adding one tablespoon of butter when cooked.

### COFFEE CARAMELS

Prepare same as vanilla caramels, using half cream and half black coffee, no vanilla, and adding one tablespoon butter when cooked.

### CHOCOLATE CARAMELS

Add to the vanilla caramels, two squares of unsweetened chocolate, cut in small pieces, when the sugar starts to boil, and cook a little softer. Add the vanilla when cooked, same as for vanilla caramels.

### NUT CARAMELS

Add half a cup of walnut meats, when the caramels are cooked. Mix very lightly and pour in buttered pan.

### VANILLA OPERA CARAMELS

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 3 Cups confectioner's sugar | = 1 Pound |
| 2 Tablespoons butter | = 1 Ounce |
| ½ Cup milk | = ¼ Pint |
| ½ Cup cream | = ¼ Pint |
| 2 Teaspoons vanilla | = 2 Teaspoons |

Put in sauce-pan milk, cream, sugar, and butter, and boil, stirring all the time. Cook until it forms a very soft ball when tried in cold water, then remove from the fire, and add vanilla. Beat with a fork or spoon until creamy, then pour into a buttered pan. When nearly cold, cut into squares.

### COFFEE OPERA CARAMELS

Prepare and treat same as vanilla opera caramels, using a strong black coffee instead of milk, and no vanilla.

### CHOCOLATE OPERA CARAMELS

Prepare and treat same as vanilla opera caramels, adding one square of unsweetened chocolate, when the sugar begins to boil; then cook.

## STUFFED DATES

### Stuffing for Dates

Take half of the vanilla opera caramels and work well with the palm of the hand on a board until the cream is soft, then add one-half cup of very finely chopped nuts or almonds, one-quarter cup chopped figs, and mix well. Cut the entire length of dates, remove the stones, fill the cavities with the stuffing and shape in original form. Roll in granulated sugar.

## STUFFED PRUNES

Prepare same as stuffed dates; select nice, firm, small prunes.

## TURKISH DELIGHT

| QUANTITY | WEIGHT OR MEASURE |
|---|---|
| 8 Teaspoons gelatine | = 1 Ounce |
| ½ Cup cold water | = ¼ Pint |
| 2 Cups granulated sugar | = 1 Pound |
| 1 Cup boiling water | = ½ Pint |
| 1 Grating and juice of orange | = 1 Orange |
| 1 Lemon | = 1 Lemon |

A few drops of red coloring

Soak gelatine in cold water, in a sauce-pan. Put the sugar into the boiling water, and bring to a boil. Add the gelatine and let simmer for twenty-five minutes; then add the orange, the juice of the lemon, and the coloring. Pour into a deep pan (wet with cold water). It should be about three-quarters of an inch thick. Let stand over night, then remove from pan and cut in squares. Roll them in confectioner's sugar.

### TURKISH MINT PASTE

Prepare same as Turkish delight, flavor with two drops of peppermint, and color (green). Use no orange or lemon.

### SALTED ALMONDS

Blanch some almonds by putting them into boiling water and letting boil for half a minute. Take from water and remove the skins, dry well, and roast in an oven at a temperature of 350° F., until a light brown. Mix well with a little melted butter and sprinkle with fine table salt.

## PURE FRUIT JAMS, MARMALADES AND JELLIES

Jams, marmalades, and jellies are very seldom made to-day in the average home. The pure fruit laws are very strict, and when you buy pure fruit jams, marmalades, or jellies, you may be sure that you receive a pure fruit product. When you buy jams or jellies under the name of fancy fruit jams and jellies or any name which does not mention pure fruit, you may be sure that you are buying a substitute and not a pure fruit. When you are willing to buy a good product sold under the name of pure fruit, then you will receive pure fruit and pure sugar and nothing else.

NOTE: The fruits used in making jams, jellies, and marmalades should be firm fruit, rather than a little underripe, or over-ripe.

### CURRANT JELLY

Pick over currants, half red and half white preferred; wash and drain; mash them with a potato masher, and

cook slowly for fifteen minutes. Strain in a sieve, then strain the juice through a double thickness of cheesecloth. Measure the juice, and to each quart add two pounds of sugar, or one cup of sugar to every cup of juice. Boil three minutes, skim off the top, and pour into glasses. Let stand twenty-four hours before putting cover on, then keep in a cool, dry place.

### RASPBERRY JELLY

Prepare same as for currant jelly, using three parts raspberries to one part currants, white preferred.

### BARBERRY JELLY

Prepare same as currant jelly, using half-ripe barberries.

### GRAPE JELLY

Pick over wild grapes, removing the stems, and put them in a kettle, heat to a boiling point, and mash. Boil thirty minutes, then treat same as for currant jelly.

### JAMS

Any fruit may be used for jams, but all fruit should be ripe, firm, and sound. All stoned fruits should first be blanched, which is done by placing the fruit in boiling water and letting boil for five minutes; then drain off the water. When thoroughly drained, crush the fruit and add three cups of granulated sugar (or one and a half pounds) to every four cups of fruit (or two pounds). Put in a kettle, and boil to a temperature of 224° F., or until the nap test is reached (see Boiling Tests).

This applies to apricots, peaches, plums, cherries and

other stoned fruits. When berries are used, mash them, the same as fruit for jelly, add sugar, and boil until the nap test is reached, or about forty minutes.

When boiling jellies, jams, or marmalades, stir all the time, to prevent burning.

## BOILING TESTS

### For Jellies, Jams and Marmalades

Dip a ladle or spoon in the boiling jelly, and notice carefully the falling drops. If they fall fast, the fruit is not ready, but if they fall slowly and in lumps, drawing back a little, then it is ready. This is the nap test. Or drop a teaspoonful on a cold porcelain platter, and if it does not run flat, but stiffens readily, it is ready.

## ORANGE MARMALADE

Select six pounds of smooth-skinned oranges (sour preferred), remove the peel, and cook it in water until soft. Drain, and remove the white part from the peel by scraping it with a spoon. Cut the yellow part in strips; then divide the orange in sections and press the juice through a fine sieve to remove the seeds and the tough parts of the skin. Place the juice in a kettle, adding gradually five pounds of sugar, and heating to a boiling point. Cook slowly for forty minutes, add the skins and cook fifty minutes more, or until the proper degree is reached, as explained in boiling test for jellies.

# PART XI

# SETTING THE TABLE, HINTS FOR HOUSEKEEPERS, AND MEASUREMENTS

# SETTING THE TABLE

WHEN food is prepared there should be an appealing display made. Food which is well presented on the table in an attractive manner will taste far better than the same food served in an unattractive manner.

The main point in attractive decoration for the table is simplicity. A centerpiece of flowers or fruit on a table is always very attractive, and is proper for all occasions.

When there are guests for dinner, it is good form to have a plate before each guest; this is called a service plate. Upon this service plate are placed dishes containing the first course, such as fruit cups, oysters or soup. The charm of a table depends upon the proper arrangement of the silver, glasses and china. The knives are placed on the right-hand side with the sharp edge toward the plate, the spoons at the right with bowls upward, and oyster forks at the right. Fish and meat forks are placed at the left with the tines upward. The bread and butter plates are placed at the tips of the forks, glasses are placed on the right-hand side at the tip of the knives. Tea and coffee spoons are laid across beside the saucer, the bread and butter plate, the handle of which should point diagonally toward the service plate. The napkin is placed on the left-hand side of the cover. Individual salt and pepper shakers are placed directly in front of each cover. Dishes for nuts and bonbons are placed on the table. When a finger bowl is served, it is brought in on a plate with a doily placed underneath the bowl, and is placed directly in front of the guest after the last course has been served.

Luncheon cloths or luncheon sets, consisting of runners and doilies, are correct for luncheon or breakfast. For dinner however it is necessary to use a covering sufficiently large to overhang about eight to ten inches. For a formal dinner a cloth of white damask, exquisite lace or fine embroidered linen is acceptable, though damask is preferred. Any cloth of fine quality material may be used for an informal dinner.

## HINTS FOR HOUSEKEEPERS

THESE are a few things helpful and worth knowing.

* To beat eggs quickly add a pinch salt.

* To keep boiled icing soft add a pinch of baking soda to the whites of eggs before beating.

* Salt often curdles milk, therefore, add salt last.

* In boiling rice, it is well to cook a little extra and use it for a dessert or pudding.

* In cooking vegetables, cover those which grow under the ground, and cook uncovered all those which grow above the ground.

* If cream will not whip, add a little cornstarch, or the white of an egg.

* Always open canned fruits an hour before using: fruits become richer in flavor after they have absorbed oxygen.

* Utilize left-over fruit juice, coffee, or chocolate to make sweet sauces.

* When pineapple has to be combined with gelatine, always scald the pineapple fruit and juice first, or jelly will not set.

* Always soak gelatine in cold liquid before adding to a hot liquid.

* Before heating milk in a saucepan, rinse the pan with water and it will not scorch so easily.

* By adding a pinch of baking soda to the milk when making puddings or creams, the milk will not curdle.

* Left-over cooked potatoes must not be piled together as they sour quickly.

* Bread should never be wrapped in cloth, as the cloth absorbs the moisture and gives it an unpleasant taste.

* To frost a cake evenly, double a piece of stiff paper and pin it closely about the cake letting the paper extend about an inch above the top of the cake, spread the icing and when icing has set, remove the paper.

* To warm over biscuits, muffins, or rolls place them in a pan and place the pan in another pan with hot water, and put in oven for a few minutes. This will keep them soft.

* A teaspoon of vinegar mixed into frosting will keep it from breaking when cut.

* In placing dishes on ice, put a rubber band ring taken from fruit jars under the dish. Rubber will prevent the dish from sliding.

* To keep vegetables fresh, place them in a deep dish in about two inches of cold water, then take a piece of clean linen, soak it in water, and cover the vegetables letting the corners of the cloth dip into the water to keep it moist, then place the dish on a window sill where the air will blow over it.

* Save all grease which is not suitable for cooking purposes, and use up with lye in making soap for kitchen use.

* For baking, regulate the oven carefully before starting to mix the ingredients.

## MEASUREMENTS

Measurements for all materials called for in this recipe book are level.

Sift all flour before measuring. To make level measurements, fill cup or spoon, and scrape off excess with the back of a knife.

# PART XII

# SUGGESTED MENUS

## SUGGESTED MENUS

The menus assembled here have been carefully planned to afford variety and yet fulfil certain dietetic standards. An effort has been made to include these foods daily:

Fruit: Two daily, one raw.
Vegetables: At least two, preferably three with one a leafy vegetable.
Meat, Eggs, Cheese, Fish, Dried Beans, Lentils, Macaroni and Rice: Two daily.
Butter and Other Fats, Sugars: Moderate amounts.
Milk: One quart for children. One pint for adults.
Cereals and Breads: At least two daily.

Beverages are not contained in the menus but are to be served according to the desires of each family. Milk is used in the preparation of many of the foods. It is however important to include more milk with meals, particularly for children.

Remember that menus should serve as guides and need not be followed precisely. Substitutions may sometimes prove advantageous, in order to appeal to individual tastes, to take advantage of special food prices or to use up left-overs. An effort has been made however to utilize left-overs in planning the menus.

## *SUNDAY*

### BREAKFAST

Grapefruit
Cream of Wheat
Toasted Whole Wheat
Muffins

### DINNER

Cantaloupe Suprême
Roast Poultry
with
Dressing
Potatoes Flamande
(mashed)
Creamed Cauliflower
Cucumber Salad
Peach Mousse

### SUPPER

Scrambled Eggs
Fig Bread
Salad d'Ardenne
French Fruit Tarts

## *MONDAY*

### BREAKFAST

Sliced Bananas
Toasted Fig Bread
Jam

### LUNCHEON

Chicken Salad à la Russe
Crackers Toasted
with
Cheese
Apple Sauce
Butter Cookies

### DINNER

Pineapple Juice
Broiled Ham
Candied Sweet Potatoes
Corn on the Cob
or
Corn Pudding
Alexandria Salad
Ginger Cake
with
Whipped Cream

## *TUESDAY*

### BREAKFAST

Apricots
Oatmeal
French Toast
with
Maple Syrup

### LUNCHEON

Westphalian Sandwiches
Potato Salad
Orange Soufflé Pudding

### DINNER

Chicken Soup with Rice
Hamburg Steak
Creamed Potatoes
String Beans
Cole Slaw Salad
Coffee Bavarian Pudding

## *WEDNESDAY*

### BREAKFAST

Orange Juice
Boiled Rice
Raisin Coffee Cake

### LUNCHEON

Salad Parisienne
Popovers
Apricot Condé

### DINNER

Fruit Cup Georgette
Roast Lamb
Potatoes à la Doutremont
Creamed Peas
Head Lettuce
with
Russian Dressing
Blueberry or Apple Pie

## *THURSDAY*

### BREAKFAST

Prunes
Corn Flakes
Toasted Raisin Coffee Cake

### LUNCHEON

Eggs Finland Style
Lettuce Sandwiches
Banana Fritters

### DINNER

Bouillon
Blanquette of Lamb
Corn Fritters
Stewed Tomatoes
Asparagus Salad
Tapioca Pudding
Almond Cookies

## *FRIDAY*

### BREAKFAST

Raspberries
Wheatena
Prune Bread

### LUNCHEON

Vegetable Soup
Cottage Cheese
and Prune Bread
Melba Charlotte Pudding

### DINNER

Cranberry Cocktail
Baked Fillets of Bass
Baked Potatoes
Spinach
Waldorf Salad
Lemon Meringue Pie

*SATURDAY*

BREAKFAST

Stewed Figs
Rice Flakes
Buttered Toast

LUNCHEON

Stuffed Tomatoes
Celery
Rye Muffins
Apple Tapioca Pudding

DINNER

Tomato Juice
Fried Pork Chops
with
Apple Sauce
Mashed Sweet Potatoes
Buttered Onions
Boston Cream Cake

*SUNDAY*

BREAKFAST

Honey Dew Melon
with
Lemon
Puffed Wheat
Buckwheat Cakes

DINNER

Shrimp Cocktail
Roast Beef
Browned Potatoes
Asparagus Hollandaise
Head Lettuce
with
Roquefort Dressing
Macaroon Bisque
Butter Cookies

SUPPER

Milk Toast
Pancakes Mirette

## *MONDAY*

### BREAKFAST

Orange and Grapefruit Juice
Cream of Wheat
English Muffins

### LUNCHEON

Roast Beef Sandwiches
Sliced Tomatoes
Rice Pudding
Butter Cookies

### DINNER

South Sea Island Fruit Cup
Broiled Lamb Chops
Duchess Potatoes
Buttered Peas
Apple Sauce
Alligator Pear Salad
Lemon Meringue Pie

## *TUESDAY*

### BREAKFAST

Stewed or Fresh Peaches
Post Toasties
Scotch Scones

### LUNCHEON

Lobster Salad à la Royal
Toasted English Muffins
Baked Apple

### DINNER

Cream of Tomato Soup
Fried Liver and Bacon
Mashed Potatoes
Creamed Onions
Salad à l'Espagnole
Fruit Shortcake

*WEDNESDAY*

BREAKFAST

Orange Juice
Puffed Rice
Corn Muffins

LUNCHEON

Scrambled Eggs
with
Bacon
Asparagus Salad
Buttered Toast
Chocolate Eclairs

DINNER

Vegetable Soup
Baked Ham
Candied Sweet Potatoes
Cabbage au Gratin
Frozen Fruit Salad
Blueberry Pudding

*THURSDAY*

BREAKFAST

Pineapple Juice
Oatmeal
Buttered Toast

LUNCHEON

Spaghetti à la Caruso
(minced ham)
Peach Salad
Chocolate Blanc-mange

DINNER

Split Pea Soup
(cooked with ham bone)
Ham Omelet
Sautéed Potatoes
Brussels Sprouts
Waldorf Salad
Cherry Pie

## *FRIDAY*

### BREAKFAST

Sliced Oranges
Shredded Wheat
Crullers

### LUNCHEON

Salmon Salad à la Russe
Golden Tea Biscuits
Pancakes Parisienne

### DINNER

Tomato Juice
Fried Scallops
Potatoes Flamande
(mashed)
Stuffed Tomatoes
Salad Romaine
Butterscotch Ice Cream
Coconut Cookies

## *SATURDAY*

### BREAKFAST

Sliced Bananas
Cornmeal
Cinnamon Toast

### LUNCHEON

Leghorn Sandwich
Celery
Rhubarb Compote

### DINNER

Cream of Spinach Soup
Frankfurters
Boston Baked Beans
Marquise Salad
Vanilla Custard
Crullers

## *SUNDAY*

### BREAKFAST

Cantaloupe
Dates à la Reine
Waffles

### DINNER

Orange and Pineapple
Fruit Cup
Suprême of Chicken
Potatoes à la Doutremont
Artichokes
Head Lettuce
with
Vinaigrette Dressing
Mince Pie

### SUPPER

Lobster à la Newburg
Potato Chips
Salad a l'Espagnole
Toasted Crackers
with
Cheese and Jelly

## *MONDAY*

### BREAKFAST

Orange Juice
Corn Flakes
Rye Muffins

### LUNCHEON

Baked Macaroni
Tomato Salad
Pineapple Fritters

### DINNER

Cream of Celery Soup
Chicken Pie
Baked Potatoes
Buttered Carrots
Cucumber Salad
Charlotte Russe

## *TUESDAY*

BREAKFAST

Apple Sauce
Wheatena
Cinnamon Toast

LUNCHEON

Shrimp Salad Macedoine
Watercress Sandwiches
Lemon Layer Cake

DINNER

Onion Soup
Fillet Sauté Mignon
French Fried Potatoes
Mashed Turnips
Mushrooms Sautéed
Champagne Sherbet
Asparagus Salad
Chocolate Cream Pie

## *WEDNESDAY*

BREAKFAST

Stewed Apricots
Puffed Wheat
Scotch Scones

LUNCHEON

Poached Eggs on Toast
Whole Wheat Muffins
Sliced Fresh Pineapple

DINNER

Grapefruit Cup
Fricassee of Veal
Mashed Potatoes Flamande
Lima Beans
Cole Slaw Salad
Café Parfait

# INDEX OF RECIPES

## PART I


PAGE

**BEVERAGES**

Café-au-Lait . . . 4
Chocolate . . . . 5
Cocoa for Breakfast . 5
Cocoa for Reception . 6
Coffee, Boiled . . 4
Coffee, Filtered . . 3
Coffee, Vienna . . 4
Tea . . . . . 7

**CEREALS**

Bran Flakes à la Reine . 8
Cereals à la Reine . . . 7
Dates à la Reine . . 8

**TOAST**

Buttered Toast . . 8
Cinnamon Toast . . 9
Cream Toast . . . 10
Melba Toast . . . 10
Milk Toast . . . 9
Milk Toast, Brown Bread . . . . 10
Milk Toast, French . 9

**BISCUITS**

Baking Powder Tea Biscuits . . . 11
Bran Biscuits . . . . 12
Cream of Tartar Tea Biscuits . . . 11
Golden Tea Biscuits . 12
Rye Biscuits . . . 12
Whole Wheat Biscuits . 12

**GRIDDLE CAKES AND WAFFLES**

Buckwheat Cakes . . 13
Corn Cakes . . . 13

PAGE

Flannel Griddle Cakes . 14
Griddle Cakes, No. 1 . 14
Griddle Cakes, No. 2 . 14
Johnny Cakes . . 15
Rice Griddle Cakes . 15
Waffles . . . . 15
Waffles with Sour Cream . . . . 16
Whole Wheat Cakes . 15

**MUFFINS**

Blueberry Muffins . . 17
Bran Muffins . . . 18
Cereal Muffins . . 18
Corn Muffins . . . 18
Date Muffins . . . 19
English Muffins . . 19
Fig Muffins . . . 19
Graham Muffins . . 20
Plain Muffins . . . 17
Rice Muffins . . . 20
Rye Muffins . . . 20
Whole Wheat Muffins . 21

**SCONES AND POP-OVERS**

Scotch Scones . . 21
Scotch Scones with Raisins . . . 21
Pop-overs . . . 22

**DOUGHNUTS AND CRULLERS**

Crullers . . . . 23
Doughnuts . . . 22

**EGGS**

Boiled Eggs . . . 24
Eggs Finland Style . 24

| | PAGE |
|---|---|
| Fried Eggs | 24 |
| Plain Omelet | 24 |
| Poached Eggs | 25 |
| Scrambled Eggs | 25 |

**STEWED FRUITS**

| | |
|---|---|
| Apple Compote | 26 |
| Apricot Compote | 26 |
| Baked Apples | 27 |
| Cherry Compote | 26 |
| Compote of Plums | 26 |
| Peach Compote | 26 |
| Pear Compote | 26 |
| Raspberry Compote | 27 |
| Rhubarb Compote | 27 |
| Strawberry Compote | 27 |
| Syrup for Stewed Fruits | 25 |


## PART II

**BAKED PUDDINGS**


| | |
|---|---|
| Apple Rice Pudding | 31 |
| Apple Tapioca Pudding | 32 |
| Bread and Butter Pudding | 32 |
| Cabinet Pudding | 33 |
| Diplomat Pudding | 34 |
| Indian Pudding | 35 |
| Meringue Tapioca Pudding | 35 |
| Rice Meringue Pudding | 34 |
| Rice Pudding | 34 |
| Sago Meringue Pudding | 35 |
| Sago Pudding | 34 |
| Sally's Bread Pudding | 35 |
| Tapioca Pudding | 35 |


**CHILLED PUDDINGS**


| | |
|---|---|
| Charlotte Pudding | 38 |
| Chocolate Bavarian Pudding | 36 |
| Coffee Bavarian Pudding | 37 |
| Date Bavarian Pudding | 38 |
| Fig Bavarian Pudding | 38 |
| Melba Bavarian Pudding | 37 |
| Pistachio Bavarian Pudding | 38 |
| Strawberry Bavarian Pudding | 37 |
| Vanilla Bavarian Pudding | 37 |
| Walnut Bavarian Pudding | 37 |


**SOUFFLÉ PUDDINGS**


| | |
|---|---|
| Apricot Soufflé Pudding | 38 |
| Blueberry Soufflé Pudding | 39 |
| Date Soufflé Pudding | 39 |
| Fig Soufflé Pudding | 39 |
| Montmorency Soufflé Pudding | 39 |
| Orange Soufflé Pudding | 40 |
| Saxon Soufflé Pudding | 40 |
| Strawberry Soufflé Pudding | 40 |
| Vanilla Soufflé Pudding | 40 |
| Walnut Soufflé Pudding | 40 |


**STEAMED AND BOILED PUDDINGS**


| | |
|---|---|
| Blueberry Pudding | 40 |
| Coconut Pudding | 42 |
| English Plum Pudding | 41 |
| Messina Pudding | 42 |
| Suet Pudding | 42 |


**HOT SWEETS**


| | |
|---|---|
| Apple Fritters | 44 |
| Apricot Condé | 43 |
| Banana Fritters | 45 |

| | PAGE |
|---|---|
| Chocolate Profiterolle | 44 |
| Fig Condé | 44 |
| French Pancake Batter | 46 |
| Fritter Batter | 44 |
| Pancake Mirette | 46 |
| Pancake Parisienne | 46 |
| Peach Meringue | 43 |
| Pear Condé | 44 |
| Pear Fritters | 45 |
| Pear Meringue | 43 |
| Pineapple Fritters | 45 |
| Vanilla Cup Custard | 45 |

**COLD SWEETS**

| | |
|---|---|
| Apricot Custard | 48 |
| Blanc-mange | 50 |
| Charlotte Romaine | 49 |
| Charlotte Russe | 49 |
| Chocolate Bavarian Cream | 47 |
| Chocolate Blanc-mange | 50 |
| Chocolate Charlotte | 48 |
| Coffee Blanc-mange | 50 |
| Coffee Charlotte | 49 |
| Jelly | 49 |
| Marquise Bavarian Cream | 47 |
| Melba Bavarian Cream | 47 |
| Peach Custard | 48 |
| Strawberry Bavarian Cream | 48 |
| Strawberry Blanc-mange | 50 |
| Strawberry Charlotte | 49 |
| Vanilla Bavarian Cream | 47 |
| Walnut Bavarian Cream | 48 |

**SWEET SAUCES**

| | |
|---|---|
| Apricot Sauce | 51 |
| Apricot Mousseline Sauce (Hot) | 51 |
| Apricot Mousseline Sauce (Cold) | 51 |
| Chocolate Mousseline Sauce | 51 |
| Coffee Cream Sauce | 50 |
| Delna Sauce | 51 |
| French Vanilla Sauce | 51 |
| Gourmet Sauce | 52 |
| Hard Sauce | 52 |
| Hot Chocolate Fudge Sauce | 52 |
| Hot Mousseline Sauce | 53 |
| Lemon Custard Sauce | 53 |
| Melba Sauce | 53 |
| Mousseline Sauce | 54 |
| Orange Custard Sauce | 54 |
| Peach Sauce | 54 |
| Raspberry Sauce | 54 |
| Sabayon Sauce | 54 |
| Vanilla Custard Sauce | 55 |
| White Wine Sauce | 55 |


## PART III

**FRENCH PASTRY**


| | |
|---|---|
| Chocolate Cream Puffs | 62 |
| Chocolate Eclairs | 63 |
| Coffee Cream Puffs | 63 |
| Coffee Eclairs | 63 |
| Cream Puff Paste | 62 |
| Cream Puffs | 62 |
| French Fruit Tarts | 63 |
| Fruit Glacé | 63 |
| Patty Shells | 61 |
| Puff Paste | 60 |
| Vanilla Cream Puffs | 63 |
| Vanilla Eclairs | 63 |
| Vol-au-vent | 62 |


**BOILED CUSTARDS, CREAMS**


| | |
|---|---|
| Chocolate Boiled Custard Cream | 64 |
| Coffee Boiled Custard Cream | 64 |
| Plain Boiled Custard Cream | 64 |
| Vanilla Boiled Custard Cream | 64 |

| PIES | PAGE |
|---|---|
| Apple Pie | 65 |
| Blackberry Pie | 66 |
| Blueberry Pie | 66 |
| Cherry Pie | 66 |
| Chocolate Cream Pie | 67 |
| Coconut Custard Pie | 68 |
| Coffee Cream Pie | 67 |
| Coffee Custard Pie | 68 |
| Gooseberry Pie | 66 |
| Lemon Custard Pie | 68 |
| Lemon Meringue Pie | 69 |
| Mince Meat | 70 |
| Mince Pie | 70 |
| Orange Custard Pie | 68 |
| Orange Meringue Pie | 69 |
| Peach Meringue Pie | 67 |
| Peach Pie | 66 |
| Pear Meringue Pie | 67 |
| Pear Pie | 66 |
| Pie Crust | 65 |
| Pumpkin Pie | 69 |
| Squash Pie | 70 |
| Vanilla Cream Pie | 67 |
| Vanilla Custard Pie | 68 |

| COOKIES | PAGE |
|---|---|
| Almond Cookies | 71 |
| Brownies | 71 |
| Butter Cookies | 71 |
| Coconut Cakes | 72 |
| Coconut Cookies | 72 |
| Cookie Dough | 71 |
| Currant Raisin Cookies | 72 |
| Fig Cookies | 73 |
| Ginger Cookies | 73 |
| Hermits | 73 |
| Jumbles | 75 |
| Lemon Cookies | 74 |
| Oatmeal Cookies | 74 |
| Orange Cookies | 74 |
| Seed Cookies | 74 |


## PART IV


| POUND CAKES | |
|---|---|
| Birthday Cake Decoration | 85 |
| Bride Cake | 83 |
| Coconut Pound Cake | 81 |
| Coffee Pound Cake | 81 |
| Lemon Pound Cake | 81 |
| Orange Pound Cake | 81 |
| Plain Pound Cake | 80 |
| Raisin Pound Cake | 81 |
| Vanilla Pound Cake | 81 |
| Walnut Pound Cake | 81 |

| FRUIT CAKES | |
|---|---|
| Blueberry Cake | 85 |
| Dundee Cake | 83 |
| Light Fruit Cake | 82 |
| Oxford Cake | 82 |
| Riche Cake | 82 |
| Wedding Cake | 82 |
| Wedding Cake Decoration | 85 |
| Yeast Fruit Cake | 112 |

| LAYER CAKES AND CUP CAKES | |
|---|---|
| Chocolate Layer Cake | 84 |
| Coffee Layer Cake | 84 |
| Cup Cakes | 85 |
| Devil's Food Cake | 86 |
| Ginger Cake | 86 |
| Layer Cake Mixture | 83 |
| Lemon Layer Cake | 84 |
| Orange Layer Cake | 84 |
| Strawberry Layer Cake | 84 |
| Vanilla Layer Cake | 84 |
| Washington Layer Cake | 84 |

| SHORTCAKES | |
|---|---|
| Banana Royal Cake | 88 |
| Banana Shortcake | 88 |

PAGE

Cake Strawberry Shortcake . . . . 88
Old Fashioned Strawberry Shortcake . . 87
Peach Shortcake . . 88
Pear Shortcake . . . 88
Raspberry Shortcake . 88
Strawberry Royal Shortcake . . . . 87

SPONGE CAKES AND ANGEL CAKES

Baking Powder Sponge Cake . . . . 89
Boston Cream Cake . 89
Lemon Angel Cake . 90
Lemon Sponge Cake . 89
Orange Angel Cake . 90

PAGE

BUTTER CREAMS AND BUTTER CREAM CAKES

Chocolate Butter Cream 90
Chocolate Butter Cream Cake . . . . 91
Mocha Butter Cream . 91
Mocha Cake . . . 91
Vanilla Butter Cream . 91

ICINGS AND FONDANTS

Boiled Icing . . . 93
Cream Icing . . . 92
Fondant . . . . 93
Fresh Strawberry Icing 95
Fudge Icing . . . 92
Maple Icing . . . 95
Marshmallow Cream Icing . . . . 94
Marshmallow Icing . 94
Plain Icing . . . 94
Royal Icing . . . 95

## PART V

BREADS

Boston Brown Bread . 100
Bran Bread . . . 103
Bread Sticks . . . 107
Corn Bread . . . 101
Cramique . . . . 107
Entire Wheat Bread . 101
Fig Bread . . . 102
Fig Loaf Bread . . 102
French Bread . . 102
Graham Bread . . 103
Milk Bread . . . 103
Nut Bread . . . 105
Nut Bread Loaf . . 104
Prune Bread . . . 102
Raisin Bread . . . 104
Raisin Brown Bread . 101
Rye Bread . . . 105

ROLLS, BUNS, ETC.

Apple Cake . . . . 109
Atlantic City Buns . 111
Blueberry Cake . . 110
Butter Buns . . . 107
Cinnamon Buns . . 108
Cinnamon Sugar . . 108
Coffee Rings . . . 109
German Coffee Cake . 110
Gugelhupf . . . 111
Hot Cross Buns . . 108
Pan Rolls . . . 106
Parker House Rolls . 106
Peach Cake . . . 109
Pear Cake . . . 109
Plain Sweet Buns . . 108
Plum Cake . . . 109
Quickly Made Buns . 111
Raisin Coffee Cake . 110
Saxon Cake . . . 110
Snow Flake Rolls . . 106
Sweet Dough . . . 107
Tea Rolls . . . 105
Vienna Rolls . . . 106

## PART VI


| SOUPS | PAGE |
|---|---|
| Bouillon | 116 |
| Brown Soup Stock | 115 |
| Chicken Consommé | 118 |
| Clam Chowder | 120 |
| Consommé à la Royal | 119 |
| Consommé Marie-Louise | 119 |
| Cream of Celery Soup | 121 |
| Cream of Tomato Soup | 119 |
| Creole Soup | 117 |
| Crouton au Beurre | 119 |
| Onion Soup | 118 |
| Pea Soup | 120 |
| Royal Custard | 119 |
| Soup Julienne | 118 |
| Tomato Soup | 117 |
| Vegetable Soup | 120 |

| BEEF AND OTHER MEATS | PAGE |
|---|---|
| Beef Stew | 124 |
| Blanquette of Lamb | 127 |
| Broiled Ham | 128 |
| Broiled Lamb Chops | 126 |
| Broiled Steaks | 122 |
| Brown Fricassee of Lamb | 127 |
| Brunswick Stew | 125 |
| Dumplings | 125 |
| Fillet Sauté Mignon | 123 |
| Fillet Sauté Trianon | 123 |
| Fried Ham | 128 |
| Fried Lamb Chops | 126 |
| Fried Pigs' Feet | 128 |
| Fried Pork Chops | 128 |
| Hamburg Steak | 123 |
| Irish Stew | 127 |
| Lamb Sauté Trianon | 126 |
| Pan Fried Steak | 123 |
| Pot Roast | 124 |
| Roast Beef | 123 |
| Roast Lamb | 127 |
| Roasted Saddle of Mutton | 127 |
| Sautéed Fillet of Lamb Mignon | 126 |
| Veal | 126 |


## PART VII


| POULTRY | |
|---|---|
| Baked Fowl | 134 |
| Boiled Poultry | 133 |
| Broiled Poultry | 133 |
| Chestnut Stuffing | 134 |
| Chicken à la King | 136 |
| Chicken Blanquette | 135 |
| Chicken Patty | 136 |
| Chicken Pie | 134 |
| Creamed Chicken | 135 |
| Fried Poultry | 133 |
| How to Clean Poultry | 131 |
| Poultry Dressing | 132 |
| Roast Poultry | 132 |
| Suprême of Chicken | 135 |

| FISH | |
|---|---|
| Baked Fillets of Bass | 138 |
| Baked Fillets of Halibut | 138 |
| Baked Mackerel | 138 |
| Boiled Cod | 138 |
| Boiled Cusk | 138 |
| Boiled Haddock | 138 |
| Boiled Salmon and Halibut | 137 |
| Broiled Chicken Halibut | 137 |
| Broiled Cod | 137 |
| Broiled Haddock | 137 |
| Broiled Lobster | 140 |
| Broiled Oysters | 139 |

| | PAGE |
|---|---|
| Creamed Oysters | 139 |
| Deviled Lobster | 141 |
| Fried Fillets of Flounder | 139 |
| Fried Fillets of Halibut | 139 |
| Fried Scallops | 140 |
| Lobster à la Newburg | 141 |
| Oysters Fried in Batter | 140 |
| Oysters on Shell | 139 |
| Plain Lobster | 141 |
| Sautéed Oysters | 140 |

**SAUCES**

| | |
|---|---|
| Brown Mushroom Sauce | 143 |
| Devonshire Sauce | 144 |
| Egg Sauce | 146 |
| Hollandaise Sauce | 144 |
| Hot Tartar Sauce | 145 |
| Maître d'Hôtel Butter | 146 |
| Sauce Allemande | 142 |
| Sauce Allemande à la Crème | 143 |
| Sauce Béarnaise | 145 |
| Sauce Blanchette | 143 |
| Sauce Espagnole | 143 |
| Sauce Trianon | 145 |
| Tartar Sauce | 145 |
| Tomato Cream Sauce | 144 |
| Tomato Sauce | 144 |
| Velouté Sauce | 142 |
| White Cream Sauce | 142 |
| White Sauce | 142 |

## PART VIII

**VEGETABLES**

| | |
|---|---|
| Artichoke | 150 |
| Asparagus, Boiled | 149 |
| Asparagus, Creamed | 150 |
| Asparagus Hollandaise | 150 |
| Asparagus on Toast | 150 |
| Asparagus Vinaigrette | 150 |
| Baked Macaroni | 156 |
| Beets, Boiled | 151 |
| Boston Baked Beans | 156 |
| Brussels Sprouts | 151 |
| Buttered Corn | 154 |
| Cabbage au Gratin | 152 |
| Cabbage, Boiled | 152 |
| Cabbage, Red | 152 |
| Carrots | 152 |
| Carrots Marie-Louise | 152 |
| Cauliflower | 153 |
| Cauliflower au Gratin | 153 |
| Cauliflower Parmesan | 153 |
| Cooking of Vegetables | 149 |
| Corn Fritters | 154 |
| Corn on the Stalk | 153 |
| Creamed Brussels Sprouts | 151 |
| Creamed Carrots | 152 |
| Creamed Cauliflower | 153 |
| Creamed Celery | 153 |
| Creamed Onions | 154 |
| Creamed Peas | 155 |
| Creamed Spinach | 155 |
| Lima Beans | 151 |
| Lima Beans with Cream | 151 |
| Mushrooms | 156 |
| Onions, Boiled | 154 |
| Shell Beans | 151 |
| Spaghetti | 157 |
| Spaghetti à la Caruso | 157 |
| Spinach, Boiled | 155 |
| String Beans | 150 |
| Stuffed Tomatoes | 155 |
| Succotash | 155 |

**POTATOES**

| | |
|---|---|
| Baked Potatoes | 158 |
| Boiled Potatoes | 158 |
| Boiled Sweet Potatoes | 160 |
| Candied Sweet Potatoes | 160 |
| Creamed Potatoes | 160 |
| Duchess Potatoes | 159 |
| French Fried Potatoes | 159 |
| Mashed Potatoes | 158 |
| Mashed Potatoes Flamande | 158 |

| | PAGE |
|---|---|
| Potato Croquettes Parisienne | 160 |
| Potatoes à la Doutremont | 159 |
| Potatoes au Gratin | 161 |
| Potatoes Fondante | 159 |
| Potatoes Rissolée | 160 |
| Sautéed Potatoes | 161 |


## SALADS


| | |
|---|---|
| Aïda Salad | 161 |
| Alexandria Salad | 161 |
| Asparagus Salad | 162 |
| Chicken Salad | 166 |
| Chicken Salad à la Suprême | 166 |
| Cole Slaw Salad | 167 |
| Frozen Fruit Salad | 163 |
| Hollywood Salad | 162 |
| Lobster Salad à la Royal | 165 |
| Marquise Salad | 163 |
| Potato Celery Salad | 164 |
| Potato Onion Salad | 163 |
| Potato Salad | 163 |
| Salad à l'Allemande | 162 |
| Salad à l'Aremberg | 164 |
| Salad à l'Espagnole | 162 |
| Salad d'Ardenne | 166 |
| Salad Parisienne | 165 |
| Salad Ravigote | 166 |
| Salad Romaine | 164 |
| Salad Russe | 165 |
| Salmon Salad à la Russe | 164 |
| Shrimp Salad Macedoine | 165 |
| Waldorf Salad | 164 |


## SALAD DRESSINGS


| | |
|---|---|
| Cream Dressing à la Parisienne | 167 |
| Cream French Dressing | 167 |
| French Dressing | 167 |
| Hard-boiled Eggs for Salad | 169 |
| Mayonnaise Dressing | 167 |
| Mayonnaise Piquante Dressing | 168 |
| Roquefort Dressing | 168 |
| Russian Dressing | 168 |
| Thousand Islands Dressing | 168 |
| Vinaigrette Dressing | 168 |


# PART IX

## AMERICAN ICE CREAMS


| | |
|---|---|
| Butterscotch Ice Cream | 176 |
| Chocolate Ice Cream | 177 |
| Coffee Ice Cream | 176 |
| Maple Ice Cream | 178 |
| Peach Ice Cream | 177 |
| Strawberry Ice Cream | 177 |
| Tutti Frutti Ice Cream | 178 |
| Vanilla Ice Cream | 176 |


## FRENCH ICE CREAMS


| | |
|---|---|
| Butterscotch Ice Cream | 176 |
| Chocolate Ice Cream | 175 |
| Coffee Ice Cream | 175 |
| Maple Ice Cream | 175 |
| Peach Ice Cream | 175 |
| Strawberry Ice Cream | 175 |
| Vanilla Ice Cream | 174 |


## ICES


| | |
|---|---|
| Apricot Ice | 179 |
| Champagne Sherbet | 180 |
| Lemon Ice | 178 |
| Orange Ice | 178 |
| Peach Ice | 179 |
| Pineapple Ice | 179 |


## FROZEN DESSERTS


| | |
|---|---|
| Caracas Ice Cream | 180 |
| Charlotte Glacé Panaché | 181 |
| Macaroon Bisque | 181 |
| Nesselrode Ice Cream | 181 |
| Snowball Ice Cream | 181 |
| Spumoni Ice Cream | 182 |

| COUPES | PAGE |
|---|---|
| Coupe Antigny | 182 |
| Coupe Aremberg | 182 |
| Coupe Comtesse | 183 |
| Coupe Marie-Louise | 183 |
| Coupe St. Jacques | 183 |

| MOUSSES | |
|---|---|
| Coffee Mousse | 184 |
| Mousse Hélène | 184 |
| Mousse Hericart | 185 |
| Mousse Melba | 184 |
| Mousse Montelimar | 185 |
| Peach Mousse | 185 |
| Strawberry Mousse | 184 |
| Vanilla Mousse | 184 |

| PARFAITS | PAGE |
|---|---|
| Café Parfait | 185 |
| Parfait Cyrano | 186 |
| Parfait d'Orleans | 185 |
| Parfait Melba | 186 |
| Parfait Nougat | 186 |

| FRUITS SERVED WITH ICE CREAM | |
|---|---|
| Peach Alexandria | 188 |
| Peach Cardinal | 187 |
| Peach Lizzie | 187 |
| Peach Marie-Louise | 187 |
| Peach Melba | 186 |
| Peach Orloff | 187 |
| Peach Pompadour | 187 |
| Strawberry Melba | 188 |

## PART X

| SANDWICHES | |
|---|---|
| American Combination Sandwich | 192 |
| Family Style Sandwich | 192 |
| Health Sandwich | 193 |
| Leghorn Sandwich | 193 |
| Lettuce Sandwich | 194 |
| Lobster Sandwich | 193 |
| Ma Sandwich | 193 |
| My Favorite Sandwich | 192 |
| Sandwich à la Martha | 192 |
| Sandwich Henriette | 191 |
| Shrimp Sandwich | 193 |
| Westphalian Sandwich | 192 |

| FRUIT COCKTAILS, ETC. | |
|---|---|
| Cantaloupe Suprême | 194 |
| Fruit Cup Georgette | 194 |
| Grapefruit Cup | 195 |
| Lobster Cocktail | 196 |
| Shrimp Cocktail | 196 |
| South Sea Island Fruit Cup | 195 |
| Tropical Fruit Cup | 195 |

| FRUIT PUNCHES | |
|---|---|
| Lemonade | 199 |
| Loganberry Punch | 198 |
| Mint Julep Punch | 197 |
| Orangeade | 199 |
| Pineapple Punch | 199 |
| Plain Fruit Punch | 196 |
| Punch Germaine | 197 |
| Royal Lemonade | 200 |
| Tea and Fruit Punch | 198 |

| CONFECTIONS | |
|---|---|
| Butterscotch | 200 |
| Butter Taffy | 201 |
| Candied Popcorn | 201 |
| Chocolate Caramels | 203 |
| Chocolate Fudge | 201 |
| Chocolate Opera Caramels | 203 |
| Coffee Caramels | 202 |
| Coffee Opera Caramels | 203 |
| Fudge with Nuts | 202 |
| Nut Caramels | 203 |
| Salted Almonds | 205 |

PAGE

Soft Caramels . . 202
Stuffed Dates . . . 204
Stuffed Prunes . . 204
Turkish Delight . . 204
Turkish Mint Paste . 205
Vanilla Caramels . . 202
Vanilla Opera Caramels 203

PAGE

JAMS AND JELLIES

Barberry Jelly . . 206
Boiling Tests . . 207
Currant Jelly . . . 205
Grape Jelly . . . 206
Jams . . . . 206
Orange Marmalade . 207
Raspberry Jelly . . 206

PART XI

Setting the Table . . 211
Hints for Housekeepers . 213
Measurements . . 215

PART XII

Suggested Menus . . 219

# My Own Recipes